

Healthy Living 1200

Definitions of significant terms

Heart Rate

- Heart rate: The number of times your heart beats in a minute.
- Resting Heart Rate: The number of times your heart beats in a minute while in a state of rest.
- Exercise Heart Rate: The number of times your heart beats per minute during exercise or immediately after exercise.
- Target Heart Rate Zone: The range in which your heart rate should be during exercise in order to improve fitness.

Hypertension

- Hypertension: Is the scientific term for high blood pressure.
- Blood Pressure: Is the measure of the force of blood against artery walls.

Blood Pressure

- Blood pressure is always given as two values representing the two types of blood pressure: Systolic and Diastolic. Normal blood pressure is around 120/80 .
- Systolic Blood Pressure: Is the amount of pressure against artery walls immediately after the heart contracts. It is the higher of the two values.
- Diastolic Blood Pressure: Is the amount of pressure against artery walls immediately before your heart contracts.

Health Related Physical Fitness

- Cardiovascular fitness: is the ability to exercise your entire body for long periods of time without stopping.
- Strength: is the amount of force your muscles can produce.
- Muscular Endurance: is the ability to use your muscles many times without tiring
- Flexibility: is the ability to use your joints fully through a wide range of motion.
- Body Fat Ratio: Is the percentage of body weight that is made up of fat when compared to other tissues such as bone and muscle.

Skill-Related Physical Fitness

- Agility: is the ability to change the position of your body quickly.
- Balance: is the ability to keep an upright posture while standing still or moving.
- Coordination: is the ability to use your senses together with your body parts or to use two or more body parts together.
- Power: Is the ability to use your strength quickly
- Reaction Time: is the amount of time it takes to move once you realize the need to act.
- Speed: is the ability to perform a movement or cover a distance in a short period of time.