

Body Composition- the ratio body of fat to lean body tissue, including muscle, bone, water, and connective tissue such as ligaments, cartilage, and tendons.

Dehydration- the condition resulting from the excessive loss of body water

FITT- Frequency, intensity, time/duration, and type of activity

Non-Weight Bearing- Activities such as bicycling, swimming, and brisk walking that do not overstress the musculoskeletal system

Circuit Training-involves 8-12 repetitions with various lifts at 7-14 stations, while moving quickly from one station to the next

Heat Cramps- Muscle spasms that result from a loss of large amounts of salt and water through perspiration