

Cardiovascular Endurance- the ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous physical activity(MVPA)

Calisthenics- a system of exercise movements, without equipment, for the building of muscular strength, endurance, and flexibility

Aerobic- Any activity that uses large muscle groups, is rhythmic in nature, and can be maintained continuously for at least 10 minutes a day or for 20 to 30 minutes at one time

Progression- the gradual increase in overload necessary to achieve higher levels of fitness

Sedentary- A way of life that involves little physical activity

Static Stretch- A stretch that involves little to no movement; ie. hurdle stretch