

# Fitness Vocabulary Guide

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**high school student information - fitness for life** - The Fitness for Life Student Information Web site is designed for students who are using the Fitness for Life, Updated Fifth Edition and Fitness for Life, Fifth

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**fitness programs | top 25 fitness motivational** - By Chris Freytag, Fitness Expert for Prevention Magazine & ACE Board Member. I am addicted to motivational words and phrases. I have them on my laptop screen saver

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**health, fitness, and nutrition - vocabulary list : vocabulary.com** - This is a list of vocabulary words for those interested in health and fitness. It's a great list for health classes.

**12 best exercise videos for beginners - webmd** - You can start, maintain, or improve a fitness program from the comfort of your own home using exercise videos.

**topic 1.1 introduction to physical activity** (- Vocabulary (English) active aerobics Continuous, vigorous activities that get the heart beating fast enough to build cardiovascular fitness; for example, jogging

**fitness 101 basic exercise and fitness terms** - - New to the gym, but wondering some gym term means? In this post Personal Trainer Pamela Hernandez discusses some basic exercise and fitness terms.

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