FITNESS
PHRASEOLOGY

If you are new to exercise, everything about it may seem a little bit overwhelming, including the language. Here are a few terms you are likely to encounter along your way towards a fitter, healthier lifestyle.

AEROBIC ACTIVITY: prolonged continuous movement of large muscle groups; exercise that involves the body’s consumption of oxygen

CARDIO: endurance training that involves increased heart rate over extended periods

CIRCUIT TRAINING: a combination of 8 to 10 (on average) exercises (the “circuit”) completed one after the other with little or no rest in between, providing both strength and endurance training

ENDORPHINS: natural neurological chemicals with a pain-killing effect that can be released during long continuous workouts at a level of moderate to high intensity

FLEXIBILITY: the range of motion possible around a specific joint or series of articulations; can be improved by stretching.

FORM: refers to the way in which movements are performed, particularly in terms of resistance strength training (weights); good form helps prevent injury and maximizes the effect of the workout

INTENSITY: refers to how much work is being done while exercising; related to the type of fuel the body is using and what the body’s metabolism is like after the workout

INTERVAL TRAINING: repetitions of high intensity movements followed by periods of rest or low activity

STRENGTH TRAINING: the use of resistance (often in the form of weights) against muscular contraction to build strength, endurance, and size of skeletal muscles

TARGET HEART RATE ZONE: desired heart rate zone reached during aerobic exercise which enables one’s lungs and heart to benefit the most from the workout; varies based on physical condition, age, and previous training