CARD #. **WORD** **(Part of Speech)** Definition.

1. **5K RACE (Noun)** A community or competitive race of 5000 meters, which is approximately 3.1 miles and 12.5 times around a standard outdoor track.
2. **800M (Noun)** 800 meters in distance, often measured as twice around a standard outdoor track and equal to approximately half a mile. May also refer to the 800-meter race, a track and field race of the same length.
3. **ACTION PLAN (Noun)** A proposed strategy or course of action to achieve a specific goal.
4. **AEROBIC CAPACITY (Noun)** The body’s ability to take in, transport, and use oxygen during vigorous physical activity.
5. **ARM SWING (Noun)** The way a runner moves their arms while running. A proper arm swing increases running efficiency and consists of elbows bent at a 90-degree angle, relaxed shoulders and hands, and a smooth front-to-back (not side-to-side) motion.
6. **BALANCE (Noun)** The ability to maintain the body in proper equilibrium.
7. **CHALLENGE (Noun)** Something that presents difficulty and requires effort to master or achieve.
8. **COOL-DOWN (Noun)** A series of moderate exercises, done after more intense activity, which allows the body to gradually return to a resting or near-resting state.
9. **DEHYDRATION (Noun)** The loss of water from the body, or the state of having lost too much water from the body for it to continue functioning optimally.
10. **DYNAMIC WARM-UP (Noun)** Activity done at the beginning of a bout of exercise in which movement, momentum, and active muscular effort are used to stretch and prepare muscles for exercise.
11. **ENCOURAGE (Verb)** To offer support, confidence, or hope to someone else.
12. **GROWTH MINDSET (Noun)** Defined by psychologist Carol Dweck as a belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.
13. **HEALTH BENEFIT (Noun)** An improvement to a person’s overall well-being resulting from a physical activity or food choice.
14. **HEALTH-RELATED FITNESS (Noun)** A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.
15. **HEART RATE ZONE (Noun)** A range of heart beats per minute, measured as a percentage of one’s maximum heart rate, identified because specific health benefits are associated with sustained exercise intensity within that range.

CARD #. **WORD** **(Part of Speech)** Definition.

1. **HYDRATION (Noun)** The process of drinking the correct amount water needed to keep your body working right.
2. **INTENSITY (Noun)** The amount of exertion used when performing an exercise or activity.
3. **LACTIC ACID (Noun)** A chemical produced during exercise that arises when the body’s demand for oxygen exceeds its capacity to take in oxygen. Lactic acid buildup during exercise causes a burning feeling in the muscles that is associated with fatigue.
4. **MENTAL WELLNESS (Noun)** A state of well-being in which a person realizes her/his own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
5. **MINDFUL BREATHING (Noun)** Breathing attentively and intentionally, especially as a tenet of mental wellness.
6. **NUTRITIONAL BALANCE (Noun)** A way of preparing meals and snacks in which different nutrients are in proportions that optimize health.
7. **PACE (Noun)** A steady and consistent speed at which a person moves or works, often in order to avoid becoming overly tired.
8. **PERCEIVED EXERTION (Noun)** How hard an individual feels her/his body is working during a bout of physical activity or exercise.
9. **PERSONAL BEST (Noun)** The best performance of a specified activity that a person has ever achieved.
10. **POSITIVE LANGUAGE (Noun)** A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.
11. **POSTURE (Noun)** The position in which the body is held.
12. **SMART GOAL (Noun)** A target outcome that is Specific, Measurable, Attainable, Relevant, and Timely.
13. **STRIDE (Noun)** The manner and technique with which a runner takes steps while running.
14. **TARGET HEART RATE ZONE (Noun)** A range of heart beats per minute, measured as a percentage of one’s maximum heart rate, chosen in order to reach a level of exercise intensity required to gain specific fitness benefits.
15. **WATER (Noun)** A colorless, transparent, odorless liquid that forms the seas, lakes, rivers, and rain and is the basis of the fluids of living organisms.