



These are the key terms from Chapter 4. Try cutting them out and then matching the key terms with their definitions or asking friends and family to test you. They could give you the key term and ask you to provide the definition or give you the definition and ask you to provide the key term.

<b>Carbohydrate loading</b>	A strategy used by endurance athletes to boost glycogen stores before a competition.
<b>Energy balance</b>	This is the basis of weight control. For body weight to remain constant energy input (via food) must equal energy expenditure.
<b>Fitness</b>	The ability to meet the demands of the environment.
<b>Hydration</b>	Being hydrated means your body contains the correct amount of water in its cells, tissues and organs to function correctly. If you do not have enough water in your body you are “dehydrated”. The average recommended daily intake is 2.5 litres of water for men and 2 litres for women.
<b>Lifestyle choices</b>	The choices we make about how we live and behave that impact on our health.
<b>Macronutrients</b>	Nutrients that you need to consume in relatively large amounts in order to eat a balanced diet. These are carbohydrates, proteins and fats.
<b>Micronutrients</b>	Nutrients that you need to consume in relatively small amounts in order to eat a balanced diet. These include vitamins and minerals.

#### 4 Health, fitness and well-being: definitions of key terms

<b>Obese</b>	Weighing significantly more than the ideal weight for your height and having an excess amount of body fat.
<b>Optimum weight</b>	Refers to the weight someone should be, on average, based on their sex, height, bone structure and muscle girth.
<b>Overfat</b>	Having more than the ideal amount of body fat.
<b>Overweight</b>	Weighing more than the ideal weight for your height.
<b>Qualitative data</b>	Data that focuses on understanding things; it involves detailed information about the way people think and behave.
<b>Quantitative data</b>	Data that focuses on measuring things; it involves numbers.
<b>Sedentary lifestyle</b>	A lifestyle where there is little, irregular or no physical activity.
<b>Well-being</b>	A general term used to describe a state of physical, emotional and social health.