



## FIT PLAN:

# GLOSSARY OF TERMS

### A:

ADVERTISE: to announce or give information through a public medium.

ADVERTISEMENT: a public notice, especially one published in the press or broadcast over the air; typically used to market goods or services to a large population. Examples of advertisements: TV commercials, radio commercials, infomercials, newspaper ads, magazine ads, billboards, signs on public transportation, internet ads, movies, radio, food and drink packaging, shopping bags, direct mail, etc.

AEROBIC: requiring oxygen.

AMINO ACID: the building blocks of protein. Each has an amine group at one end, an acid group at the other, and a distinctive side chain.

ANAEROBIC: not requiring oxygen.

ANTIOXIDANTS: a substance that helps to reduce the damage and general wear-and-tear within the body's cells that occurs over time and with exposure to oxygen; some examples of antioxidants are vitamin C, vitamin E, and beta carotene; antioxidants may reduce the risk of certain diseases.

APPETITE: the psychological desire to eat; a learned motivation and a positive sensation that accompanies the sight, smell or thought of appealing food.

ARTERIES: blood vessels that carry blood containing fresh oxygen supplies from the heart to the tissues.

ARTIFICIAL SWEETENER: chemically produced sugar substitutes that provide no nutrients and little or no calories.

### B:

B1 OR THIAMINE: vitamin needed for growth and to help keep heart and muscles strong; found in wheat, oat, rye, barley, grains, cereals, beans, peas, brown rice and nuts.

B2 OR RIBOFLAVIN: vitamin that helps the body heal from burns, cuts, and bruises; found in milk, cheese, yogurt, eggs, leafy vegetables, meats and whole grain breads.

B3 OR NIACIN: one of the most common vitamins found in food; niacin assists in the functioning of the digestive system, skin and nerves; also important for the conversion of food to energy for the body.

B6: vitamin that is important for proper growth and overall health maintenance; found in many common foods; most people get enough B6 from their daily diets.

BAKED: food that is cooked in an oven, which surrounds the food with dry heat.

BODY MASS INDEX (BMI):

a calculation that uses your height and weight to estimate how much body fat you have.

BOILED: food that is cooked in boiling water or other water-based liquid.

BROILED: food that is cooked directly under or above a heat source; food can be broiled in an oven directly under a gas or electric heat source or on a grill.

### C:

CALCIUM: mineral that helps keep bones and teeth strong; also helps with blood clotting and muscle contraction.

CALORIE: a unit of heat that measures the energy used by the body and the energy that foods supply to the body.

CARBOHYDRATES: a major source of energy in the diet. There are two types of carbohydrates - simple and complex.

CARDIOVASCULAR ACTIVITY: heart-pumping exercise that quickens your breath and delivers oxygen to all body parts. Helps increase stamina, improves heart health and builds strong bones.

CELLS: the smallest units in which independent life can exist; all living things are single cells or organisms made of cells.

CHOOSE: to select freely and after consideration; to have a preference for.

CONSUMER: a person who buys or eats foods.

CRITICAL: examining, thinking, judging.

## D:

DEHYDRATION: loss of water; symptoms progress rapidly, from thirst to weakness to exhaustion to delirium. If not treated, can end in death.

DIABETES: a disease in which there is too much sugar in the blood. A person with diabetes either cannot make enough insulin, the chemical compound that cells need to take in sugar properly, or cannot use it effectively.

DIETARY: having to do with the typical food and beverages ingested by a person.

DIETARY GUIDELINES FOR AMERICANS: government guidelines of scientifically based advice on food and physical activity choices. The guidelines provide advice for people two years and older on good dietary habits that can promote health and reduce risk for major chronic diseases.

DIETARY SUPPLEMENTS: edible products that include vitamins, minerals, amino acids, herbs or botanicals (plants) – or any concentration, extract or combination of these – as part of their ingredients; supplements come in pill, gel capsule, liquid or powder forms.

DIGESTION: the process of breaking down food which distributes nutrients to your body; the parts that your body cannot use are eliminated through feces.

## E:

ENDORPHINS: a chemical hormone produced by your body that affects emotions and lifts moods during and after a workout. Endorphins allow you to control the stress in your life.

ENERGY: the capacity to do work; chemical energy in food; it can be converted to mechanical, electrical, heat or other forms of energy in the body; food energy is measured in calories.

EXERCISE: physical activity that is planned or structured and involves repetitive movement performed to improve or maintain one or more components of physical fitness (aerobic fitness, muscular endurance, flexibility and body composition).

## F:

FAT: a major source of energy in the diet. Fats may be either solid or liquid at room temperature, depending on their structure and composition.

FLEXIBILITY: allows muscles and joints to stretch and bend more easily.

FOOD DIARY: an accurate daily record that tracks what you are eating, how much you are eating, and why you might be choosing certain foods.

## G:

GOAL-SETTING: a strategy used to help people make lasting changes; recognizing a need for change, establishing a goal, adopting a goal-directed activity and self-monitoring it.

GRILLED: food that is cooked on a grill over hot coals or similar heat source; the term “barbecue” or “BBQ” is often used interchangeably with “grilled.”

## H:

HABIT: a behavioral pattern acquired by frequent repetition that shows itself in regularity or increased facility of performance; an acquired mode of behavior that has become nearly or completely involuntary.

HEALTH: the condition of being sound in body, mind or spirit; especially freedom from physical disease or pain.

HEALTHY DIET: a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, egg and nuts; is low in saturated fats, trans fat, cholesterol, salt (sodium) and added sugars.

HEART RATE: the number of times your heart beats per minute.

HIGH FRUCTOSE CORN SYRUP: a processed sweetener made from corn; found in many processed foods and has been implicated in the obesity epidemic.

HIGH-INTENSITY ACTIVITIES: activities such as race-walking, jogging, running, swimming laps, mowing the lawn, singles tennis, bicycling more than 10 miles per hour (or on steep uphill terrain), moving or pushing furniture, circuit training.

HYDROGENATION: the process of adding hydrogen to unsaturated fatty acids to make fat more solid and resistant to the chemical change of oxidation.

## I:

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IMMUNE SYSTEM: the system that protects the body from infections by microorganisms and disease; includes the skin and the respiratory, digestive and circulatory systems.

IRON: minerals that carry necessary oxygen through the bloodstream and into muscles; human iron deficiencies may result in feelings of weakness and exhaustion; foods highest in iron are meat, poultry and fish.

## L:

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LIFESTYLE: the typical way of life of an individual, group or culture.

LIGHT OR "LITE": a version of labeled food in which one serving has 50% less fat and 1/3 fewer calories than the regular version of the same food item.

LIPIDS: nutrients found in foods that help build nerve tissue (like the brain) and hormones. The body also uses fat as fuel. If consumed fats aren't burned as energy or used as building blocks, they are stored by the body in fat cells. Excess amounts of carbohydrates and proteins are also stored as fat.

LOCAL FOOD: food that is produced, grown or raised locally (or as close to your home as possible). Due to industrialization and modern global economics, most food is now grown and processed in fewer locations and must travel further to reach the average consumer's table.

LOW-INTENSITY ACTIVITIES: activities such as walking slowly, slow-tread swimming, gardening, bicycling with very light effort, dusting or vacuuming, or light stretching.

LOW FAT: a version of labeled food in which one serving contains 3 grams of fat or less.

LOW CHOLESTEROL: a version of labeled food in which one serving has 20 milligrams of cholesterol or less, and 2 grams or less of saturated fat.

LOW SODIUM: a version of labeled food in which one serving has 140 milligrams of sodium or less.

## M:

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### MACRONUTRIENTS

(BUILDING BLOCKS): consist of carbohydrates, proteins and fats. These are essential nutrients required by the human body in relatively large amounts.

MAGNESIUM: minerals that help build strong bones and regulate body temperature.

MARKETING: an activity an organization engages in to facilitate an exchange with its customers/clients; includes advertising, selling and delivering products to people.

MEDIA: means of mass communication.

MEDIA LITERATE: understanding how to analyze and evaluate the media.

METABOLISM: the process by which the body breaks down substances and gets energy from food.

### MODERATE-INTENSITY

ACTIVITIES: activities such as walking briskly, recreational swimming, doubles tennis, bicycling 5 to 9 miles per hour (or up a few hills), scrubbing floors, washing windows and weight lifting.

## N:

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### NATURAL FLAVORS OR

ARTIFICIAL FLAVORS: man-made food additives that give most processed foods their specific, targeted taste; a flavor company is usually hired to create desired flavors.

NUTRIENT DENSITY: food that gives you the most nutritional benefit with the least amount of calories.

NUTRITION: the study of the nutrients in foods and in the body; sometimes also the study of human behaviors related to food.

NUTRITION LABEL: a label required on all packaged foods and drinks that states the serving size, nutrients and ingredient list.

## O:

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OBESITY: the state of being well above one's normal weight; excessively overweight due to accumulation of fat.

ORGANIC FOODS: federally regulated food that must meet specific production standards. Organic crops are produced without conventional pesticides, artificial fertilizers, human waste or sewage sludge, radiation or additives. Organic livestock are raised without growth hormones or antibiotics, and are raised on certified organic feed. The U.S., Europe, Japan and many other countries require producers to obtain organic certification in order to market food as organic.

ORGANS: body parts that perform a specific function within the complete body.

## P:

PHYSICAL ACTIVITY: bodily movement produced by skeletal muscles that results in an expenditure of energy.

PHYSICIAN: a person who is trained and licensed to treat illness and injuries, and to teach people how to prevent them; also called a doctor.

POTASSIUM: a mineral that helps to regulate heart rate and the balance of fluids in your body. Bananas, potatoes, raisins and melons are some of the foods that contain potassium.

PROTEINS: a major source of energy in the diet. Protein is a nutrient that is essential for survival. It helps build and maintain many parts of the body such as muscles, bones, skin and blood.

## R:

REDUCED OR REDUCED FATS: a version of labeled food in which one serving has 25% less fat, saturated fat, sodium, sugar, cholesterol or calories per serving than the regular version of the same food item.

RESPIRATORY SYSTEM: the system that provides the body's cells with oxygen and removes carbon dioxide waste.

ROASTED: food that is placed in an uncovered container and cooked in an oven, which usually results in a well-browned exterior and moist interior.

## S:

SODIUM: an essential mineral that helps keep the body's fluid levels in check.

STAMINA: the energy and strength for continuing to do something over a long period of time.

STAMINA TRAINING: a type of cardiovascular training. A stamina workout is more than just walking. It must get the heart rate up to 80 percent of an age-adjusted maximum (220 minus age) for a sustained period. Helps decrease blood pressure and improves functions of the heart. Sweating also releases toxins that can build up in tissue.

STEAMED: food that is cooked when placed directly over (but not in) boiling or simmering water; steaming helps to retain a food's flavor, shape, texture and nutrient density.

STRENGTH TRAINING: involves weights or some other form of resistance designed to improve an individual's strength.

STRESS: the wear and tear the body experiences as it adjusts to a continually changing environment.

SUCROSE: (table sugar) the most common food sweetener; often replaced in many cases by high fructose corn syrup, which is much cheaper.

SUGARCANE: tall, fibrous stalks (perennial grasses) rich in molasses and commercial sugar.

SWEETENER: a food additive that adds the basic taste of sweetness to a food.

## V:

VARIETY: the quality or state of having different forms or types.

VITAMIN A: the first vitamin to be discovered; helps with vision, fights sickness, promotes healthy skin and helps to heal cuts and scrapes. Found in liver, eggs, butter, milk, and yellow, green or orange vegetables and fruit.

## VITAMIN C OR ASCORBIC ACID:

this vitamin is believed to be beneficial to the immune system; also good for repairing broken bones. Foods high in vitamin C include green vegetables, strawberries, blackberries, raspberries, oranges, lemons, grapefruits and tomatoes.

VITAMIN D: this vitamin can be made within the human body with the help of regular sun exposure; beneficial to bones and teeth, and usually added to milk.

VITAMIN E: this vitamin is important for normal cell growth and functions. Found in vegetable oils, wheat germ, green leafy vegetables and egg yolks.

## W:

WEIGHT GAIN: occurs when one consumes more calories than one is burning or expending. Put simply, when more calories come in than go out.

WEIGHT LOSS: occurs when one consumes less calories than one is burning or expending. Put simply, when less (or not enough) calories come in than go out.

WEIGHT MAINTENANCE: occurs when there is a consistent, equal balance between the number of calories one consumes and burns. Put simply, when the same amount of calories come in and go out.

## Z:

ZINC: a mineral found in most foods; helps to produce new cells, as well as process carbohydrates, fats and protein in foods we eat; also helps wounds heal.

*(Key terms adapted from HealthCorps\*)*