**Blood Pressure: Force within arteries. 120/80 is normal.**

**Body composition: The make up of lean and fat tissue in the body.**

**Body Mass Index (BMI): A number that is representative to over or underweight. This is based on a formula utilizing body weight and height.**

**Calisthenics: Exercises that use the body's own weight as the resistance (i.e., pushups, crunches, etc.)**

**Calorie: Unit of heat measurement used to represent the energy value of food.**

**Carbohydrate: One of the six nutrients used by the body for energy. Sources include sugars and grains, rice, potatoes and beans. 1 gram=4 calories.**

**Cardiac : Pertaining to the heart.**

**Cartilage: Tissue at end of bone which provides cushioning.**

**Cellulite: Term used to describe extra fat, most widely found in the thighs and butt.**

**Cholesterol: Lipid found only in animal products and produced by the body.**