**Extension:** Movement at a joint which brings two parts toward a straight line which increases the angle of the joint. (i.e., straightening the elbow during a biceps curl)

**Fast twitch fibers:** Muscle fiber type involved in explosive, anaerobic types of activity.

**Fat:** Ahn essential nutrient that provides energy, storage of energy and insulation to the body.

**FITT theory:** The theory governing proper frequency, intensity, time and type of exercise.

**Flexibility:** The range of motion possible at a given joint.

**Flexion:** A joint movement in which the bones on either side of the joint are brought closer to each other (i.e., during the upward movement of a biceps curl).

**Frequency:** The occurrence of a workout. Experts recommend a minimum frequency of three times a week for cardiovascular and weight training exercises.

**Glucose:** A simple sugar; the form in which all carbs are used as the body’s principle energy source.

**Hemoglobin-** The substance in red blood cells that carries oxygen around the body

**High impact activity:** Exercise activity in which high level of stress is placed on joints and the body. An example would be running.