# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** BMI stands for Blank .

**2.** A weight you can maintain by eating a well-balanced diet and doing regular physical activity is called your Blank weight.

**3.** Bioelectrical impedance is a method of measuring body Blank .

**4.** An apple shape refers to a body type with more fat around the Blank than around the hips.

**5.** Blank are a class of hormones that can stimulate muscle growth.

**6.** A person who loses weight in a healthy way will lose Blank pounds per week.

**7.** When a person repeatedly gains and loses weight, it is called Blank .