# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

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

**1.** Movements such as running, swimming, and biking that use the large muscles of your body are known as Blank .

**2.** Blank is the planned, structured, and repetitive movement for improving or maintaining components of fitness.

**3.** When you have Blank , your body systems work together efficiently so you are able to perform all the daily activities you need to.

**4.** Aerobic activities help your body use more Blank over longer periods of time.

**5.** People often suggest they’re inactive because they don’t have time, but they could plan short
 Blank breaks throughout the day to overcome this issue.