

Name: _____

Health and Wellness for Adults

Use the words in the list below to complete the sentence

1. The _____ tells you what percentage of a nutrient one serving of that food or supplement provides compared to the recommended amount. (two words)
2. Your physical activity session should end by gradually slowing down which is often called a _____ at the end of a workout. (two words)
3. _____ training is exercise that stretches and lengthens your muscles.
4. Heart rate, or _____, is how many times your heart beats in a period of time — usually a minute.
5. _____, or sweat, is a clear, salty liquid produced by glands in your skin. It is how your body cools itself.
6. Your _____ is the mass or quantity of your heaviness. It is expressed by units of pounds or kilograms.
7. _____ — also called blood sugar — is the main sugar found in the blood and the main source of energy for your body.
8. _____ is a condition that happens when you do not take in enough liquids to replace those that you lose.
9. Almost all _____ is stored in bones and teeth to help make and keep them strong.
10. There are four major _____ types: A, B, O, and AB.

Value
Dehydration
Glucose
calcium
Daily
weight
Perspiration
Flexibility
cool
blood
pulse
down