1. **Adolescence** – The years between ages 13 and 19
2. **Aerobic Exercise** – Activity that raises your heart rate
3. **Anaerobic Exercise** – Activity that quickly uses up oxygen in your body
4. **Calorie** – A unit that measures the amount of energy in food
5. **Cerebellum** – The part of the brain that controls balance and helps coordinate muscular activities
6. **Cerebrum** – The part of the brain that lets a person read, think, and remember
7. **Collaborative** – Working together as a team
8. **Commitment** – A promise
9. **Cope** – To deal with or overcome problems and difficulties
10. **Culture** – Beliefs, way of living and language of a group of people
11. **Custody** – The legal right and responsibility to care for a child
12. **Defense Mechanism** – A mental device one uses to protect oneself
13. **Discriminate** – Treat differently on the basis of something other than individual worth
14. **Disease** – A condition that harms or stops the normal working of the body
15. **Eating Disorder** – An attempt to cope with psychological problems through eating habits
16. **Endurance** – The ability to stay with an activity for a long time
17. **Estrogen** – Female sex hormone
18. **Excretory System** – System that allows the body to eliminate liquid and solid waste
19. **Flexibility** – The ability to twist, turn, bend, and stretch easily
20. **Genetics** – The science that deals with heredity and inherited characteristics
21. **Gestation** – The period of development in the uterus from the time the egg is fertilized until birth; pregnancy
22. **Gingivitis** – First stage of gum disease
23. **Grief** – A feeling of sorrow; feelings after a loss
24. **Health** – A state of being well that has three parts; physical, social and emotional
25. **Health Risk** – An action or a condition that may contribute to injury or disease
26. **Heredity** – Passage of physical characteristics from parents to children
27. **Hormone** – A chemical messenger that helps control how body parts do their job
28. **Hygiene** – Practices that promote cleanliness and good health
29. **Infection** – A sickness caused by a germ in the body
30. **Maximum Heart Rate** – The number of heartbeats in a minute when one exercises as hard, fast, and long as possible
31. **Metabolism** – Rate at which cells produce energy
32. **Nonverbal Communication** – Using one’s body to send messages
33. **Nuclear Family** – Family made up of a mother, a father, and their children
34. **Nutrient** – A part of food that helps the body function and grow
35. **Optimism** – Tending to expect the best possible outcome
36. **Pessimism** – Tending to expect the worst possible outcome
37. **Phobia** – Excessive fear of an object or a specific situation
38. **Physical Environment** – The area around a person
39. **Puberty** – Period at the beginning of adolescence when children begin to develop into adults and are able to have children
40. **Projection** – Assuming that another person has one’s own attitudes, feelings, or purposes
41. **Psychologist** – A person who studies mental and behavioral characteristics
42. **Psychotherapy** – Psychological treatment for mental or emotional disorders
43. **Respiration** – Breathing in oxygen and breathing out carbon dioxide
44. **Self**-**Actualization** – Achieving one’s possibilities
45. **Social Environment** – Community resources such as access to doctors, hospitals, family counseling, and after school programs
46. **Social Esteem** – How others value a person
47. **Stress** – A state of physical or emotional pressure
48. **Stress Response** – Automatic physical reactions to stress
49. **Testosterone** – Male sex hormone
50. **Wellness** – An active state of health