A branch of science concerned with the bodily structure of humans and animals.

1. a. Physics
   b. Earth Science
   c. Anatomy
   d. Biomechanics

A sport or fitness activity that a person can participate from childhood through adulthood.

2. a. Lifetime Activities
   b. Vigorous Activity
   c. High Impact Workouts
   d. HIIT

A muscle whose contraction moves a part of the body. A prime mover.

3. a. Core
   b. Muscle Mover
   c. Antagonist
   d. Agonist

Detailed examination of the elements or structure of something, typically for discussion.

4. a. Assessment
   b. Analysis
   c. Testing
   d. Observation

Muscles which help to enable acts of endurance.

5. a. Slow-Twitch
   b. Medium-Twitch
   c. Fast-Twitch
   d. Slow-Fatigue

A continuum of infinite possibilities for better or worse physical or mental health.

6. a. Personal Opinion
   b. Total Fitness
   c. Personal Fitness
   d. Health Literacy

Physical exercise executed with an inwardly directed focus.

7. a. Mind-Body Exercise
   b. Meditation
   c. Mindfulness
   d. Mental Imagery

A disease lasting 3 months or more.

8. a. Preventable
   b. Addiction
   c. Chronic Pain
   d. Chronic Disease