

Glossary:

Adenosine Triphosphate (ATP): A complex chemical compound that is formed with the energy released from food and that is stored in all cells, particularly muscle cells. Only with the energy released from the breakdown of this compound can the cell perform work.

Balanced diet: A balanced diet is the diet that contains the proper amount of each nutrient.

Fatigue: A state of weariness, discomfort and decreased efficiency resulting from prolonged or excessive exertion.

Health: Health is a reflective of individuals' ability to meet life challenges and maintaining his or her capacity for optimal functioning.

Insulin: Insulin is a hormone (chemical substance) that is produced by the pancreas gland.

Lactic Acid: A fatiguing metabolite of the lactic acid (anaerobic) system resulting from the incomplete breakdown of glucose.

Nutrition: Nutrition is science that deals with food and how it is used by the body.

Pulse rate: Pulse rate is the total amount of heart beats per minute.

Rest: Rest means not doing any kind of physical and mental work.

Thyroxin: Thyroxin is a hormone (chemical substance) that is produced by the thyroid gland.