



Glossary

Cardiovascular: Relating to the circulatory system, which comprises the heart and blood vessels.

Licenses: A permit from an authority to own or use something.

Registrations: The action or process of registering or of being registered.

Moderate: Average in amount, intensity, quality, or degree.

Vigorous: Strong, healthy, and full of energy.

Intensity: The measurable amount of a property, such as force, brightness, or a magnetic field.

Jumping jacks: A jump done from a standing position with the arms and legs pointing outwards