



Glossary

Endurance: The power to withstand hardship or stress

Stimulus: Any stimulating information or event; acts to arouse action

Naturopathy: A method of treating disease using food and exercise and heat to assist the natural healing process

Professional: Engaged in a profession or engaging in as a profession or means of livelihood

Instructor: A person whose occupation is teaching

Flexibility: The property of being flexible; easily bent or shaped

Psychological: Mental or emotional as opposed to physical in nature

Nuances: A subtle difference in meaning, opinion or attitude

Athlete: A person trained to compete in sports

Metabolic: Of or relating to metabolism

Posture: The arrangement of the body and its limbs