



Glossary

Intensity: The quality of being intense

Shed fat: A slight or rude structure built for shelter, storage, etc.

Brisk: active and energetic

Jogging: The activity of running at a steady, gentle pace as a form of physical exercise.

Dumbbells: A short bar with a weight at each end, used typically in pairs for exercise or muscle-building.

Metabolism: The chemical processes that occur within a living organism in order to maintain life

Micronutrients: A chemical element or substance required in trace amounts for the normal growth and development of living organisms.