

GLOSSARY

1. **Functional capacity:** An individual's capacity to perform work activities related to his or her daily life and employment
2. **Degenerative diseases:** A disease in which the function or structure of the affected tissues or organs will decline over time
3. **Metabolism:** The sum total of all the chemical reactions that go on in living cells. Energy metabolism includes all the reactions by which the body obtains and expends the energy from food.
4. **Physiological status:** the condition or state of the body or bodily functions.
5. **Cognitive ability:** Brain based skills and activities that lead to knowledge, including all means and mechanisms of acquiring information. Cognitive functions include reasoning, memory, language etc
6. **Glycogen:** Glycogen is a polysaccharide that is the principal storage form of glucose in animals and humans.
7. **Premature death:** deaths that occur before a person reaches an expected age.
8. **Stroke:** A sudden injury to brain tissue resulting from reduced blood flow through an artery that supplies blood to the brain; also called a *cerebrovascular accident*.
9. **Osteoporosis:** A disease in which the bones become porous and fragile due to loss of minerals; also called *adult bone loss*.
10. **Dental caries:** also known as tooth decay, cavities, or caries, is a breakdown of teeth due to activities of bacteria.
11. **Type 2 Diabetes Mellitus:** metabolic disorder characterized by above normal blood glucose levels resulting from ineffective insulin in the body.
12. **Consequence:** the effect, result, or outcome of something occurring earlier
13. **Fat free mass:** is one of the two compartments of body composition that includes internal organs, bone, muscle, water and connective tissue.
14. **Immunity:** The body's ability to defend itself against diseases
15. **Cardiovascular disease:** a group of disorders of the heart and blood vessels