

# Health and Fitness Vocabulary

Let's take a look at some common health and fitness vocabulary:

-  "Exercise" - Physical activity done to improve health and fitness.  
Example: "I enjoy doing exercises like jogging and yoga."
-  "Disfruto haciendo ejercicios como correr y yoga."
-  "Workout" - A session of physical exercise.  
Example: "I had a great workout at the gym today."
-  "Tuve una excelente sesión de ejercicio en el gimnasio hoy."
-  "Fitness" - The state of being physically healthy and strong.  
Example: "He is known for his dedication to fitness."
-  "Es conocido por su dedicación al estado físico."
-  "Strength training" - Exercise that builds muscle strength and endurance.  
Example: "I incorporate strength training into my fitness routine."
-  "Incluyo entrenamiento de fuerza en mi rutina de ejercicios."
-  "Cardiovascular exercise" - Exercise that increases the heart rate and improves cardiovascular health.  
Example: "Running and cycling are examples of cardiovascular exercises."
-  "Correr y andar en bicicleta son ejemplos de ejercicios cardiovasculares."
-  "Flexibility" - The ability to bend and move easily.  
Example: "Stretching exercises help improve flexibility."
-  "Los ejercicios de estiramiento ayudan a mejorar la flexibilidad."
-  "Nutrition" - The process of providing the body with the necessary nutrients for optimal health.  
Example: "A balanced diet is essential for good nutrition."
-  "Una dieta equilibrada es esencial para una buena nutrición."
-  "Healthy eating" - Choosing and consuming foods that contribute to good health.  
Example: "I try to practice healthy eating by including fruits and vegetables in my meals."
-  "Intento llevar una alimentación saludable incluyendo frutas y verduras en mis comidas."
-  "Wellness" - The state of being in good physical and mental health.  
Example: "Yoga and meditation can promote wellness."
-  "El yoga y la meditación pueden promover el bienestar."
-  "Hydration" - The process of providing the body with enough fluids.  
Example: "Drinking water is important for proper hydration."
-  "Beber agua es importante para una adecuada hidratación."
-  "Stress management" - Techniques and activities used to reduce and cope with stress.  
Example: "Regular exercise and mindfulness are effective stress management strategies."
-  "El ejercicio regular y la atención plena son estrategias efectivas para el manejo del estrés."
-  "Rest and recovery" - Allowing the body time to recuperate and restore energy.  
Example: "Getting enough sleep is crucial for rest and recovery."
-  "Dormir lo suficiente es crucial para el descanso y la recuperación."

