**Aerobic exercise:** is physical exercise that intends to improve the oxygen system means "with oxygen"

**Anaerobic exercise:** “without oxygen” brief strength-based activities, such as sprinting or bodybuilding.

**Alveoli:**Air sacs in the lungs where oxygen and carbon dioxide are exchanged.

**Aorta:** The largest artery in the body and the initial blood-supply vessel from the heart.

**Arrhythmia:**An abnormal heartbeat.

**Atrium:**Either one of the heart's two upper chambers.

***Atrophy:***  loss of muscle, due to lack of use.

**Ballistic stretch:** Stretching technique that uses bouncing.

**Basil Metabolic Rate (BMR):** Calories used to sustain life.

**Biopsy:**The process by which a small sample of tissue is taken for examination.