

## Spelling list: GCSE PE: Health Fitness and Well Being 1

Key words for GCSE PE.

sedentary	If you are <b>sedentary</b> , it means you do not move much.
diabetes	<b>Diabetes</b> is an illness that affects the body's ability to control blood sugar levels.
self-esteem	Your <b>self-esteem</b> is how you value yourself.
obesity	<b>Obesity</b> the condition of having excessive body fat.
carbohydrate	A <b>carbohydrate</b> is broken down to release energy.
protein	<b>Protein</b> is necessary for muscle growth and repair.
fat	A <b>fat</b> is a nutrient that gives you energy.
fibre	<b>Fibre</b> is a nutrient that helps food move through the body.
vitamins	<b>Vitamins</b> , in small quantities, are essential for growth and nutrition.
minerals	<b>Minerals</b> , in small quantities, are essential for growth and nutrition.
dehydration	<b>Dehydration</b> is when the body is lacking water.
dislocation	<b>Dislocation</b> is when the bones in a joint have been jarred out of place.