

Spelling list: fitness

words associated with fitness

waistline	If you eat too much your waistline will expand.
convenience	Convenience food is not healthy.
nutritious	To stay healthy we must eat nutritious food.
crucial	During space missions oxygen is crucial .
sedentary	People who sit down all day have a sedentary lifestyle.
toned	I go to the gym because I want a toned body.
stamina	Stamina is the strength to carry on when things are difficult.
boost	Doing well in the exam boosted my confidence.
enhance	Yoga will enhance your agility.
agility	Agility means to change the position of the body with speed and control.
participate	She didn't want or participate in the sports lesson.
infirmity	Infirmity means disease or lack of movement.
posture	Good posture means sitting and standing up straight.
lifestyle	To get fit, you might need to make some lifestyle changes.
isolation	Isolation means being alone.
stroke	A stroke is an illness caused by lack of blood to the brain.