

Fitness for Life  
Chapter 3 – Chapter review

Next to each number, write the letter of the best answer.

- |                    |   |   |
|--------------------|---|---|
| 1. osteoporosis    | a | having a high percentage of body fat              |
| 2. atherosclerosis | b | swayback  |
| 3. hypertension    | c | bones deteriorate and become weak                 |
| 4. obesity         | d | protruding abdomen                                |
| 5. diabetes        | e | blood pressure is consistently higher than normal |
| 6. lordosis        | f | rounded shoulders                                 |
| 7. kyphosis        | g | the body cannot regulate blood sugar level        |
| 8. ptosis          | h | substances build up inside artery walls           |