

## **Fitness: Some Vocabulary**

Like all things, fitness vocabulary can be used for more than just fitness. A lot of what we're going to talk about today could also be used to describe something like . . . learning English. (After all, you're here to learn English.)

Still, today's recording is going to introduce you to five terms that can be used to describe fitness, but you'll hear a lot of examples that aren't just for learning English. To help you—and because some of these words are a little crazy to spell—here's the vocabulary we'll cover in this recording:

- Excel / Exceed
- Endurance
- Cardiovascular
- Plateau
- Conserve