

## Vocabulary

### Theme 5 – Mobility

balance (n)

- an even distribution of weight enabling someone/something to remain upright and steady

bicep (n)

- a large, thick muscle on the front part of the upper arm

bone marrow (n)

- the soft, sponge-like material inside bones

cartilage (n)

- a flexible, fibrous connective tissue on the nose, ears, and at the ends of bones

endurance (n)

- the ability to exert oneself and remain active for a long period of time

exercise (n)

- activity requiring physical effort, carried out to sustain or improve health and fitness

flexibility (n)

- the ability of a joint(s) to maintain the movement necessary for physical activity

joint (n)

- a place where two or more bones come together

ligament (n)

- a connective tissue that joins bones to other bones

muscle (n)

- a connective tissue that contracts to make movement possible

osteoarthritis (n)

- inflammation of the bones and joints that occurs in older people

osteoporosis (n)

- a decrease in bone mass and density, with holes forming in bone tissue

strength training (n)

- exercises designed to improve strength and endurance, such as lifting weights

tendon (n)

- a connective tissue that joins muscle to bone