**Task:** Create a document that give:

* The word definition for each word
* An example of the word
* Why is each word important?

Words:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight Training | Stability | Strength | Speed | Sportsmanship |
| Adrenaline | Relaxation | Wellness | Muscular Endurance | Muscular Strength |
| Aerobic Activity | Fine Motor Skills | Cardiovascular Endurance | Lifetime Sports | Coordination |

(Continue the chart for all 15 words)

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| Word | Definition | Example | Why is it important? |
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