**ACTIVE LIFESTYLE**

(noun)

A way of life that values physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and recreation.

As part of Justin’s active lifestyle, he liked to play soccer with his friends on the weekends.

**FOLLOW THROUGH**

(verb)

To continue moving after an object has been kicked, struck, or thrown.

Follow through during your kicks, and they will be more likely to go towards your target.

**PHYSICAL ACTIVITY**

(noun)

Any physical movement that uses the body’s energy.

Taking a walk with my family is a great physical activity and helps us stay healthy.