**MOVEMENT**

(noun)

**The act, process, or result**

**of moving.**

When you dance, one movement flows smoothly into the next movement.

**NUTRITION**

(noun)

**The study of food and how it**

**works in your body.**

Mr. Parker shared the ways he conducted research to improve his knowledge about good nutrition.

**RELAXATION**

(noun)

**A state of feeling free from**

**tension or anxiety.**

Josh's favorite form of relaxation is laying down

with his eyes closed.

**SLEEP**

(noun)

**A sedentary state of mind and body that typically occurs for several hours each night.**

We should all try to get 8 hours of sleep each night.

**STRESS MANAGEMENT**

(noun)

**The process of using specififc strategies in order to reduce anxiety and balance emotional well-being.**

Using exercise as stress management is a good way to help students prepare for final exams.