

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 specific 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.

