

AGILITY

Meaning: Agility is the ability to move quickly and easily, often with coordination and balance, particularly in the context of physical activities or sports.

1. Agility is essential for athletes competing in high-stakes sports.
2. The cat demonstrated remarkable agility as it leaped from one rooftop to another.
3. In the business world, agility often determines a company's ability to adapt to market changes.
4. Practicing yoga can greatly improve one's physical agility and mental focus.
5. The dancer's agility captivated the audience during the performance.
6. To succeed in parkour, one must develop both physical agility and spatial awareness.
7. Agility drills are commonly included in training programs for various sports teams.
8. He admired the agility of the gymnast as she executed her routine flawlessly.
9. The company's agility allowed it to pivot quickly during the economic downturn.
10. Improving agility can enhance performance in a wide range of physical activities.

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