

FITNESS

Meaning: Fitness refers to the state of being physically and mentally healthy, often achieved through regular exercise and healthy practices.

1. Regular exercise is essential for maintaining overall fitness and health.
2. Yoga not only improves flexibility but also enhances mental fitness.
3. She joined a local gym to enhance her fitness and meet new people.
4. Fitness apps have become increasingly popular for tracking workouts and nutrition.
5. A balanced diet plays a crucial role in achieving optimal fitness levels.

Source: sentences.whatistheurl.com

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