

MODERATION

Meaning: Moderation refers to the practice of avoiding excess or extremes, especially in consumption or behavior.

1. Eating sweets in moderation can be part of a balanced diet.
2. The key to a successful workout routine is moderation and consistency.
3. During discussions, it's important to approach sensitive topics with moderation and respect.
4. Her approach to spending was grounded in moderation, ensuring she saved for the future.
5. Practicing moderation in all aspects of life can lead to better overall well-being.

Source: sentences.whatistheurl.com

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