DEFINITION

1. The condition of being sound in body, mind, or spirit.

2. A condition in which someone or something is thriving or doing well.

I have always been a very active person, playing sports and keeping busy. The past year, I had a few injuries that stopped me from being as active as I would have liked. This year, I plan to make extra effort to keep moving my body throughout each day, and stay positive when I am unable to.