



Glossary

Supervision: The action, process, or occupation of supervising; especially i.e. critical watching and directing (as of activities or a course of action).

Morale: The level of individual psychological well-being based on such factors as a sense of purpose and confidence in the future.

Sauna: A Finnish steam bath in which the steam is provided by water thrown on hot stones.

Pilates: An exercise regimen that is typically performed on a floor mat or with the use of specialized apparatus and aims to improve flexibility and stability by strengthening the muscles and especially the torso-stabilizing muscles of the abdomen and lower back.

Circuit Training: Circuit training is a form of body conditioning or resistance training using high-intensity aerobics.

Lessened: To become less.