The word of the week is

 Sluggish

**It means: slow in movement, growth or response**

**Used in a sentence:**

Not feeling well, she performed sluggishly at basketball practice.

Usually he was sluggish when it came to doing chores, but today he had a good reason for getting them done quickly!

The game picked up after a sluggish start.

Too many open apps will make your computer sluggish.

A big meal always makes me feel sluggish.