

# exercise *(ex-er-cise)*

## Definition

n. and v. 1 energetic movement of the body for the sake of physical fitness 2 an act of putting into practice; use

## Example Sentence

The **exercise** kept her healthy. OR We **exercise** our minds to keep them sharp.

## Synonyms

activity; workout; training

## Antonyms

inaction; couch potato

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