

# espouse *(es-pouse)*

## Definition

v. to adopt or support a cause or belief.

## Example Sentence

Many people **espouse** healthy eating habits.

## More Example Sentences

She chose to **espouse** a healthy lifestyle.

## Synonyms

support; adopt; embrace

## Antonyms

reject; oppose; disavow

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)