

# exercise *(ex-er-cise)*

## Definition

n. physical activity that improves health and fitness.

## Example Sentence

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

## More Example Sentences

**Exercise** is fun and keeps us healthy.

## Synonyms

workout; training; activity

## Antonyms

inactivity; rest; idleness

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