

# exertion *(ex-er-tion)*

## Definition

n. physical or mental effort or energy used.

## Example Sentence

It was with much **exertion** that we planted the row of trees.

## More Example Sentences

**Exertion** makes you stronger and healthier.

## Synonyms

effort; strain; work

## Antonyms

rest; relaxation; idleness

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