

DISEXERCISE

Meaning: Disexercise refers to the state or act of engaging in inactivity or lack of physical exercise, often leading to negative health implications.

1. The concept of disexercise is often overlooked in discussions about physical health.
2. She felt a sense of disexercise after spending hours on the couch binge-watching her favorite series.
3. In modern society, disexercise has become a common issue among both adults and children.
4. To combat disexercise, many people are joining fitness classes and outdoor activities.
5. His doctor warned him that disexercise could lead to serious health issues if not addressed.

Source: sentences.whatistheurl.com

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