

EXERT

Meaning: To exert means to apply or bring to bear (influence, effort, or force) in order to achieve a particular outcome.

1. She decided to exert her influence to help the community project succeed.
2. To achieve his fitness goals, he must exert himself more during his workouts.
3. The teacher encouraged her students to exert critical thinking skills during discussions.
4. He often exerts himself in volunteer work, dedicating weekends to help others.
5. The athlete will need to exert every ounce of strength to win the championship.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/exert>