

EXERTION

Meaning: Exertion refers to the physical or mental effort put forth in performing a task or activity.

1. The hike required a considerable amount of exertion, but the view from the top was worth it.
2. After hours of exertion in the gym, she felt a deep sense of accomplishment.
3. His exertion during the marathon left him both exhausted and exhilarated.
4. To achieve her goals, she realized that mental exertion was just as important as physical effort.
5. The team's exertion in practice paid off when they won the championship.

Source: sentences.whatistheurl.com

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