

INDURANCE

Meaning: Endurance is the ability to withstand prolonged physical or mental exertion.

1. Endurance is essential for athletes competing in long-distance events.
2. The team's endurance was tested during the grueling marathon under harsh weather conditions.
3. She admired his endurance as he continued to train despite the injuries he had sustained.
4. Practicing mindfulness can help improve mental endurance in stressful situations.
5. The expedition required not only physical endurance but also mental resilience to face unexpected challenges.

Source: sentences.whatistheurl.com

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