

JOGGING

Meaning: Jogging is a form of slow running typically done for exercise or leisure.

1. Jogging is a great way to improve cardiovascular health and boost overall mood.
2. Every morning, she enjoys jogging through the quiet streets of her neighborhood.
3. He started jogging to lose weight, but soon found it to be a relaxing escape from daily stress.
4. The local park offers a scenic route perfect for jogging and enjoying nature.
5. Jogging in the early hours allows me to appreciate the serenity of the world waking up.

Source: sentences.whatistheurl.com

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