

LIFTING

Meaning: Lifting refers to the act of raising or elevating something, often involving physical effort, such as weights or a person.

1. Lifting weights regularly can significantly improve your strength and endurance.
2. The lifeguard was lifting the child out of the water to ensure their safety.
3. She found joy in lifting heavy boxes during her new job at the moving company.
4. Lifting the spirits of her friends was her main goal during difficult times.
5. The team was lifting their trophy in celebration after a hard-fought victory.

Source: sentences.whatistheurl.com

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