

OVEREXERTION

Meaning: Overexertion is the excessive physical effort or strain that can result in injury or fatigue.

1. Overexertion during workouts can lead to injuries that take weeks to heal.
2. The athlete was sidelined due to overexertion, forcing her to take a break from training.
3. Overexertion at work can result in burnout and decreased productivity.
4. He learned the hard way that overexertion can have serious consequences for his health.
5. To avoid overexertion, it's important to listen to your body's signals and take regular breaks.

Source: sentences.whatistheurl.com

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