

# PERSPIRE

*Meaning: Perspire: to excrete moisture, especially sweat, through the skin as a response to heat or physical exertion.*

1. When the temperature rises, it's common for people to perspire more than usual.
2. During intense exercise, the body naturally begins to perspire to regulate its temperature.
3. She felt embarrassed when she started to perspire during her presentation in front of the crowd.
4. On hot summer days, I find that I tend to perspire even when I'm just sitting outside.
5. The athlete's shirt was soaked as he continued to perspire under the blazing sun.
6. When exercising in a hot environment, it's natural to perspire more than usual.
7. She could feel herself starting to perspire as the sun beat down relentlessly on her back.
8. It's important to stay hydrated if you tend to perspire heavily during workouts.
9. He tried to remain calm during the meeting, but he could feel himself beginning to perspire nervously.
10. The humidity made it difficult to breathe, and I could feel myself starting to perspire within minutes.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/perspire>*