

RECUPERATE

Meaning: To recuperate means to recover one's health or strength after illness, injury, or exhaustion.

1. After a long week of stressful work, I need the weekend to recuperate and recharge.
2. The athlete was determined to recuperate quickly after his injury to return to the game.
3. It's important to take time off to recuperate both physically and mentally when feeling overwhelmed.
4. She spent the entire vacation at the beach to recuperate from her hectic city life.
5. The doctor recommended rest and a healthy diet to help him recuperate from the illness.
6. After a long week at work, I need the weekend to recuperate and recharge my energy.
7. The athlete took several weeks off to recuperate from the injuries sustained during the season.
8. She focused on her diet and sleep to help her body recuperate after the intense training.
9. The doctor advised him to rest fully so that he could recuperate before returning to his usual activities.
10. They planned a quiet vacation by the beach to recuperate from the stress of their busy lives.

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