

SALUTARY

Meaning: Salutory: producing beneficial effects; promoting health or well-being.

1. The doctor emphasized that regular exercise has a salutory effect on both mental and physical health.
2. Even in challenging times, the community's support can have a salutory influence on individual resilience.
3. The new policy aimed at reducing pollution was seen as a salutory step toward improving public health.
4. Her experience abroad proved to be salutory, broadening her perspective on life and culture.
5. Investing in education is a salutory choice that can yield benefits for generations to come.

Source: sentences.whatistheurl.com

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