

STHENIC

Meaning: Sthenic (adjective): characterized by or exhibiting great strength, vitality, or robust health.

1. The sthenic athlete showcased incredible strength and endurance during the competition.
2. Her sthenic demeanor inspired confidence in her teammates before the big game.
3. The doctor noted that a sthenic build is often associated with high levels of physical activity.
4. In contrast to his sthenic friends, he preferred a more relaxed lifestyle focused on mental pursuits.
5. The trainer emphasized that a sthenic approach to fitness could lead to better overall health.

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