STRENGTHENING

Meaning: Strengthening refers to the process of making something stronger or more effective, particularly in the context of enhancing relationships or physical abilities.

1. Strengthening community ties is essential for social cohesion.
2. The athlete focused on strengthening her core to improve her performance.
3. The government is implementing new policies aimed at strengthening the economy.
4. Regular exercise is key to strengthening both physical and mental health.
5. They are working on strengthening the security measures for the upcoming event.

Source: sentences.whatistheurl.com

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