

STRETCHING

Meaning: Stretching refers to the act of extending or elongating muscles or limbs to improve flexibility or relieve tension.

1. Stretching before a workout can help prevent injuries.
2. The cat was stretching languidly in the warm sunlight.
3. She found that stretching her mind through reading improved her creativity.
4. The rubber band was stretching to its limit as he pulled it back.
5. After sitting for hours, he took a moment for some gentle stretching exercises.

Source: sentences.whatistheurl.com

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