

UNHEALTH

Meaning: Unhealth refers to a state or condition characterized by poor health or unhealthy practices, particularly in relation to lifestyle choices and habits.

1. The constant exposure to unhealth can lead to significant physical and mental challenges.
2. Many people overlook the unhealth of their eating habits until they face serious health issues.
3. Addressing the unhealth in our society requires a collective effort towards better education and resources.
4. Her unhealth became apparent after she struggled to climb a single flight of stairs without losing her breath.
5. Ignoring signs of unhealth can have long-term consequences that affect one's quality of life.

Source: sentences.whatistheurl.com

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