

VALETUDINARY

Meaning: 'Valetudinary' refers to a way of living that is focused on maintaining health and well-being, often through careful habits and routines.

1. The valetudinary lifestyle she adopted helped her maintain a balanced and healthy routine.
2. His valetudinary habits included regular exercise and a nutritious diet, which kept his energy levels high.
3. Despite her valetudinary focus, she still found time to indulge in her favorite desserts occasionally.
4. The community center offered a valetudinary workshop that taught participants how to improve their overall well-being.
5. Valetudinary practices are essential for anyone looking to enhance their quality of life as they age.
6. The valetudinary lifestyle she embraced allowed her to maintain a perfect balance of work and relaxation.
7. His valetudinary habits included daily yoga sessions and a strict vegetarian diet.
8. In a world often filled with stress, adopting a valetudinary approach can lead to greater overall well-being.
9. The therapist emphasized the importance of a valetudinary mindset to foster resilience against life's challenges.
10. As she grew older, her focus on valetudinary practices helped her navigate health issues with grace.

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