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# ← Oxford Advanced Learner's Dictionary



**ex·er·cise** *noun*

*BrE* /'eksəsaɪz/

*NAmE* /'eksərsaɪz/

**More information:**

[WORD ORIGIN >](#)

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[ACTIVITY/MOVEMENTS](#)

**1** [U] physical or mental activity that you do to stay healthy or become stronger

*Swimming is good exercise.*

*I don't get much exercise sitting in the office all day.*

*The mind needs exercise as well as the body.*

*vigorous/gentle exercise*

*(BrE) to take exercise*

**2** [C] a set of movements or activities that you do to stay healthy or develop a skill

*breathing/relaxation/stretching exercises*  
*exercises for the piano*

*Repeat the exercise ten times on each leg.*

**QUESTIONS**

**3** [C] a set of questions in a book that tests your knowledge or practises a skill  
*grammar exercises*

*Do exercise one for homework.*

**USE OF POWER/RIGHT/QUALITY**

**4** [U] ~ of sth the use of power, a skill, a quality or a right to make sth happen  
*the exercise of power by the government*  
*the exercise of discretion*

**FOR PARTICULAR RESULT**

**5** [C] an activity that is designed to achieve a particular result  
*a communications exercise*

*In the end it proved a pointless exercise.*

~ in sth an exercise in public relations

*Staying calm was an exercise in self-control.*

**FOR SOLDIERS**

**6** [C, usually pl.] a set of activities for training soldiers  
*military exercises*

**CEREMONIES**

**7 exercises** [C]  
*college gradu*

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