

# expend *(ex-pend)*

## Definition

v. to use up or spend resources such as time or money.

## Example Sentence

Sedentary office workers do not **expend** much physical energy on the job.

## More Example Sentences

You should not **expend** all your energy.

## Synonyms

spend; use; consume

## Antonyms

save; conserve; hoard

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