The word of the week is

 **Exhilarating**

**It means: producing intense feelings of joy or excitement**

When Oscar won the marathon, he described the victory as the most exhilarating event of his life.

The new roller coaster ride lasts four minutes and is exhilarating.

As soon as he heard the exhilarating music, he started to dance.

An exhilarating workout is a great way to start the day.

In Florida, we enjoyed the exhilarating experience of swimming with the dolphins.