

# ACCLIMATATION

*Meaning: Acclimatation is the process of adjusting to a new environment or climate, particularly in relation to physiological changes required for adaptation.*

1. Acclimatation to high altitudes can take several days for newcomers.
2. The process of acclimatation is essential for athletes training in different climates.
3. During her trip to the Amazon rainforest, she experienced significant acclimatation challenges.
4. Effective acclimatation can improve one's performance in extreme weather conditions.
5. The team focused on acclimatation strategies to enhance their endurance during the expedition.
6. He struggled with acclimatation after moving from a coastal city to a mountainous region.
7. Acclimatation often involves physical adaptations that can make a person more comfortable in a new environment.
8. The doctor recommended a gradual acclimatation to prevent altitude sickness.
9. Understanding the principles of acclimatation can help with smoother transitions between climates.
10. Successful acclimatation can lead to increased energy levels and overall well-being.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/acclimatation>*