

ACCLIMATIZATION

Meaning: Acclimatization is the process of the body adjusting to changes in its environment, such as altitude, to maintain optimal physiological function.

1. Acclimatization is essential for athletes who travel to high altitudes for competitions.
2. The process of acclimatization can take several days, depending on the individual's health and fitness level.
3. During her trip to the Andes, she experienced a difficult period of acclimatization before enjoying the breathtaking views.
4. Proper acclimatization helps the body adapt to changes in temperature and humidity.
5. The expedition team focused on gradual acclimatization to avoid altitude sickness.
6. Acclimatization is critical for researchers working in extreme environments like the Arctic.
7. His quick acclimatization to the new climate surprised everyone in the group.
8. Effective acclimatization techniques can significantly enhance performance in challenging conditions.
9. The biologist studied the effects of acclimatization on various species in their natural habitats.
10. Acclimatization not only involves physical adaptation but also psychological readiness for the new environment.

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