

# DEHYDRATION

*Meaning: Dehydration is the condition resulting from excessive loss of body fluids, which can lead to serious health issues.*

1. Dehydration can lead to serious health complications if not addressed promptly.
2. Athletes must be mindful of dehydration during intense workouts in hot weather.
3. Signs of dehydration include dry mouth, fatigue, and dark-colored urine.
4. Drinking plenty of water is essential to prevent dehydration, especially in summer.
5. Children are particularly vulnerable to dehydration due to their smaller body size.

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

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