

HYDRATE

Meaning: To hydrate means to supply water or moisture to the body to maintain proper fluid balance and support physical functions.

1. It's essential to hydrate properly during the hot summer months to maintain energy levels.
2. After an intense workout, it's important to hydrate to help your muscles recover.
3. She made it a habit to hydrate throughout the day, carrying a water bottle wherever she went.
4. Dehydration can lead to headaches and fatigue, so remember to hydrate regularly.
5. The skincare expert advised me to hydrate my skin from the inside out by drinking plenty of water.
6. It's important to hydrate before and after exercising to maintain optimal performance.
7. She filled her water bottle to ensure she would stay hydrated throughout the hike.
8. The doctor advised him to hydrate regularly, especially in the hot summer months.
9. Adding fruits to your water can make it more enjoyable to hydrate throughout the day.
10. After a long flight, it's vital to hydrate to counteract the effects of dehydration.

Source: sentences.whatistheurl.com

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