

HYDRATED

Meaning: Hydrated: having absorbed enough water or moisture to maintain proper bodily functions and overall health.

1. It's important to stay hydrated, especially during hot summer days.
2. She felt energized after drinking a large glass of water and was grateful to be well hydrated.
3. The athletes were reminded to remain hydrated throughout the marathon to avoid dehydration.
4. After a long hike, they made sure to replenish their fluids and stay hydrated.
5. The doctor advised her to drink plenty of fluids to keep her skin hydrated and healthy.

Source: sentences.whatistheurl.com

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