

HYDRATION

Meaning: Hydration is the process of maintaining an adequate level of water in the body to support health and physical performance.

1. Maintaining proper hydration is essential for overall health and well-being.
2. Athletes often focus on hydration to enhance their performance during intense workouts.
3. Dehydration can lead to fatigue, headaches, and impaired cognitive function.
4. Drinking water throughout the day can significantly improve your hydration levels.
5. Many fruits and vegetables contribute to daily hydration due to their high water content.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/hydration>