

# healthiness *(health-i-ness)*

## Definition

n. 1 the state of being vigorous and free from bodily or mental disease; 2 conducive to good health

## Example Sentence

Anna attributed her **healthiness** to a good diet and regular exercise.

## Synonyms

good health; healthfulness; robustness

## Antonyms

sickness

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)