

# hydration *(hy-dra-tion)*

## Definition

n. the process of absorbing water or moisture.

## Example Sentence

The tennis player needs proper **hydration** to keep going during the long match.

## More Example Sentences

**Hydration** is important for staying healthy.

## Synonyms

moisture; hydration; wetness

## Antonyms

dehydration; dryness; aridity

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