

# hydration

 (*hy-dra-tion*)

## Definition

n. 1 the act or process of combining or treating with water; 2 the condition of having adequate fluid in the body tissues

## Example Sentence

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

## Synonyms

combining with water; treating with water; having adequate fluid

## Antonyms

dehydration

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