



Maintain

(Verb)

cause or enable (a condition or situation) to continue.

Use this word correctly in your work in any subject this week for a **House Point**.

Synonyms

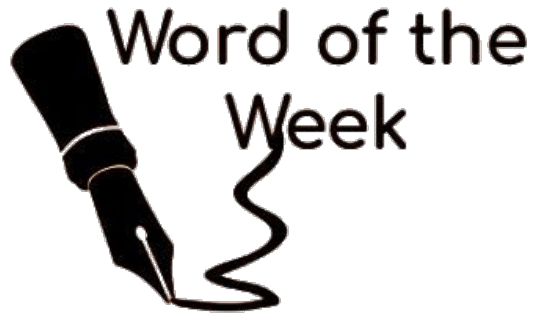
- Keep
- Preserve
- Sustain
- Retain

Sentences containing the verb 'maintain':

- She tries to maintain a positive attitude even during stressful times.
- The company works hard to maintain high safety standards.
- It's difficult to maintain friendships if you never communicate.
- The athlete must maintain her strength through regular training.

Antonyms

- Neglect
- Abandon
- Ignore
- Discontinue

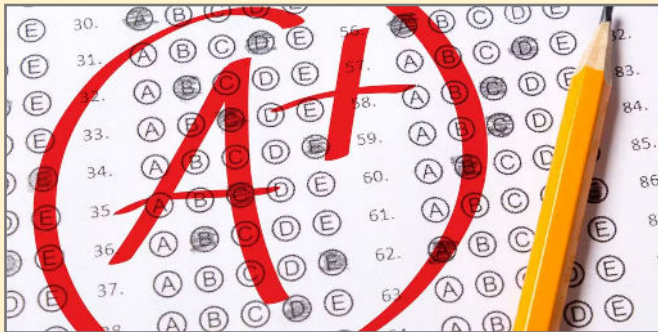


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(Verb)

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What are things in your life that you have to maintain?



How do sleep, nutrition, and physical activity contribute to maintenance of a healthy lifestyle?



Languages!



French: maintenir

Mandarin: mantener

Spanish: 保持 bao chi

Reflection:

What is one thing I want to maintain better next term, and what steps will help me do that?