



Forum: Grammar

Topic: What's the difference between keep and maintain?

Subject: Re: What's the difference between keep and maintain?

Posted by: glotynn

Posted on: 2007/2/28 21:32:55

When *keep* is used in the meaning of maintaining, its object needs to go with a complement.

keep + O + OC

e.g.

keep your weight down

keep your weight under control

keep your weight at a healthy level

keep your weight in the desirable range for health

However, if a descriptive adjective is put in front of the object, I think it works as well.

e.g.

keep a constant weight

keep a healthy weight

As to "*keep your best weight*", there seems to be something missing; for instance, "*keep your best weight through well-planned diet*" carries a more complete meaning. On the other hand, "*maintain your best weight*" sounds just fine.

I believe other experts on this forum can explain better.