



**Forum: Grammar iˈæ-ˌtæɪn**

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

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

Posted by: 123

Posted on: 2007/2/28 9:47:58

I got confused about why "maintain" is the best choice? For test, maybe we often choose the best answer but why maintain is the best choice? if "maintain your best weight" is used often more than "keep your best weight"? Or maybe the test question is no good. or..... Please give me some suggestion. Thank you