



**Forum: Grammar iˈɪ̯ æ-ˌtæ̩ iˈɪ̯ %**

**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.