

<use it or lose it> USE IT OR LOSE ITdefinition Cambridge English

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The account has a use it or lose it feature which means people who don't spend the money now can not roll the money over to next year. If you do not utilize something usually within a certain timeframe, it will disappear or no longer be viable. Said as an imperative.

If you want to stay fit, you need to keep exercising regularly. Use it or lose it. Use it or lose it meaning 1. If you do not use or practice a particular skill that you have acquired, you will lose that skill over time. 2.

Of fitness, if you do not continue to train or exercise, your fitness will decline and you will lose whatever you have gained. See more meanings Nov 10 2025. The legal rationale was simple: in much of the west, water rights operate under the use it or lose it principle.

If you don't use the water, others had the right to appropriate it and use it themselves. Feb 4 2023. When It Comes to Use it or Lose it: What Should You Use? New research supports the value of keeping a varied and active lifestyle. Posted February 4 2023. Reviewed by Abigail Fagan.

The Dec 5 2025. The use it or lose it phrase describes a method that allows the brain to adapt and change due to different experiences, supporting cognitive reserve or the brain's ability to resist damage. Nov 7 2025. What does the use it or lose it phrase mean? Definitions, usage, examples, and translations inside. Sep 2 2025. What does it mean? The phrase 'Use it or lose it' means that if you do not regularly practice or utilize a skill, ability, or resource, you may lose the ability to perform it or it may deteriorate over time. Dec 7 2021. If you're working on recovery after a neurological injury, you've likely heard the phrase 'use it or lose it'.

This is one of the main principles of neuroplasticity, which is the central nervous system's ability to make adaptive changes based on the behaviors you repetitively perform. Sep 15 2024. Explore the psychology of use it or lose it in cognitive maintenance.

Learn practical strategies to keep your brain sharp and prevent age-related decline.

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