

<use it or lose it> USE IT OR LOSE IT definition Cambridge English Dictionary Use it or lose it Idioms by The Free.

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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. Use it or lose it! 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! 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

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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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