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lose typically functions only as a verb with meanings related to failing to win or hold onto something one might lose a game or lose one's temper loose can be used as an adjective not securely attached a verb to free something or someone and less commonly a noun or adverb a loose key easy to lose weight loss made easy set your goals tell us what you want to achieve and receive personalized goals track your food learn about the foods you're eating and keep your calories within your daily budget lose weight reach your goals and continue to set new ones for a happier healthier you water tracking lose it informal 1 to become insane he was always a little strange but now he's completely lost it 2 to start behaving in an uncontrolled way because you are angry or upset i was so angry that i almost lost it lose out phrasal verb to fail to keep or get something

valued or desired lose verb not maintain t to not maintain or no longer have control over a quality or ability she used to play tennis regularly but lately she's lost interest in it the driver lost control of recent examples on the web receive 200 in bet credit win or lose shortly after your stake settles cleveland 23 jan 2023 bet 5 on the sunday night football game and get 150 back win or lose matt boecker catena media al 22 jan 2023 after getting rolled by 30 points less than a week ago in memphis phoenix shorthanded or not needed to respond win or lose in mar 16 2017 lose is a verb while loose is almost always an adjective they're often confused because of their similar spelling when to use lose lose can only be used as a verb it describes when you come to be without something e.g. to lose a sock in the laundry or to suffer defeat or fail to win e.g. to lose a soccer game sep 19 2022 find resources to help you lose or gain weight safely and effectively weight management for youth address weight issues in children and teens with healthy guidelines links to interactive and skill building tools and more what you should know about popular diets learn how to evaluate claims made by weight loss products and diets lose lu:z vb mainly tr loses losing or lost 1 to part with or come to be without as through theft accident negligence etc 2 to fail to keep or maintain to lose one's balance 3 to suffer the loss or deprivation of to lose a parent 4 to cease to have or possess 5 to fail to get or make use of to lose a chance to have something or someone taken away from you at least 600 staff will lose their jobs if the factory closes he lost his leg in a car accident she lost her mother her mother died last lose is a verb most commonly meaning to fail to win or to misplace something as in i hate to lose in chess or don't lose your key loose is most commonly used as an adjective meaning not tight or free or released from fastening attachment or restraint as in a loose screw or let him loose lose ends with a z sound and rhymes with choose

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