

moderation *(mod-er-a-tion)*

Definition

n. the avoidance of excess or extremes, especially in one's behavior or beliefs.

Example Sentence

She tries to exercise in **moderation** every day.

More Example Sentences

He approached his studies with **moderation**, balancing work and play.

Synonyms

temperance; restraint; balance

Antonyms

excess; extremism; indulgence

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

vocabloco.com