

# regimen (*reg-i-men*)

## Definition

n. a regulated program especially one designed to improve or maintain health

## Example Sentence

Joe faithfully followed the **regimen** of daily exercises.

## Synonyms

systematic plan; process; regime; rule; system

## Antonyms

without rules; no system

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](https://vocabloco.com)