

ADHERE

Meaning: To adhere means to stick firmly to or follow closely the rules, guidelines, or principles established by an authority.

1. It is crucial to adhere to the guidelines set by the organization.
2. Students are expected to adhere strictly to the school's code of conduct.
3. The adhesive bandage is designed to adhere firmly to the skin.
4. In order to achieve the desired results, you must adhere to the instructions given.
5. Many people struggle to adhere to a healthy diet while juggling a busy lifestyle.
6. To ensure safety, all participants must adhere to the rules of the competition.
7. It is important to adhere to deadlines in order to maintain project timelines.
8. The scientists decided to adhere to the ethical standards of their research.
9. The artist chose to adhere to traditional techniques in her latest work.
10. For the best performance, athletes should adhere to their training regimens.

Source: sentences.whatistheurl.com

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