

REGIMEN

Meaning: Regimen: a systematic plan or set of rules, especially regarding diet or exercise, designed to improve health or achieve a specific goal.

1. Adhering to a strict exercise regimen can significantly improve one's physical health.
2. The doctor recommended a new dietary regimen to help manage her cholesterol levels.
3. Following a consistent skincare regimen is essential for maintaining healthy skin.
4. He struggled to maintain his workout regimen due to a busy work schedule.
5. A balanced regimen of rest and activity is crucial for overall well-being.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/regimen>