



These two verbs overlap a bit, but they're used in **different contexts and tones**:

Maintain → *keep something at the same level, condition, or standard*

Focus: **stability / no change**

Used for habits, machines, relationships, standards

- He maintains a healthy lifestyle.
- The city works hard to maintain its historic buildings.
- A large house costs a lot to maintain.
- Regular exercise helps maintain good health.

Sustain → *keep something going over time (often effort or resources)*

Focus: **continuity despite difficulty**

Often used for energy, effort, growth, systems

- She can't sustain that level of energy all day.
- Solar energy can help sustain rural communities.
- Clean water is necessary to sustain life.
- It is difficult to sustain growth without investment.

Quick contrast:

- Maintain = keep it steady
- Sustain = keep it going

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