

Fit And Well

Apr 27, 2026 · fit (comparative fitter, superlative fittest) You have nothing to say about it. I'll do exactly as I see fit. He had drunk more than was fit for him, and he was singing some light song, when he saw ... When you put a glove on, you fit each finger into its place. The word fit can mean "matching the shape of something" or "being a good match," like two people who meet online and turn out to be a good fit for ... The phrase one size fits all describes a hat, piece of clothing, etc., that is made in a size that is supposed to fit everyone. This phrase is commonly used figuratively. With small group classes, personal training sessions, yoga and stretching classes, boxing and core workouts, and injury prevention instruction, Functional Fit eliminates all excuses.

1. To be the proper size and shape.
2. To be suited; belong: doesn't fit in with these people.
3. To be in harmony; agree: His good mood fit in with the joyful occasion.

adj. fit·ter, fit·test fit, suitable, meet, proper, appropriate, fitting, apt, happy, felicitous mean right with respect to some end, need, use, or circumstance. fit stresses adaptability and sometimes special readiness for use or action. If you can fit something or someone somewhere, you can put them there because there is enough space: If someone is fit to do something, they have the appropriate qualities or skills that will allow them to do it. You're not fit to be a mother! In a word, this government isn't fit to rule. He was not a fit companion ... FIT, a part of the State University of New York, has been an internationally recognized leader in career education in design, fashion, business, and technology for over 75 years. FIT definition: adapted or suited; appropriate. See examples of fit used in a sentence.

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