

# Get Up And Go

The state or quality of having a given amount of positivity, energy, ambition, or determination. That new intern we hired sure has a lot of get-up-and-go! You're going to need more get-up-and-go if you want ... Find 269 different ways to say GET-UP-AND-GO, along with antonyms, related words, and example sentences at Thesaurus.com. The meaning of GET-UP-AND-GO is energy, drive. How to use get-up-and-go in a sentence. Excitement, interest, energy and enthusiasm (Definition of get-up-and-go from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press) Directions: Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor. Definition of get-up-and-go noun in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more. Definition of 'get-up-and-go' get-up-and-go in British English noun informal energy, drive, or ambition

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