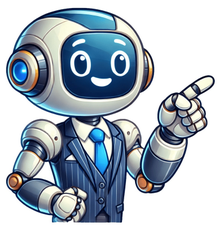
Continue



See balanced in the Oxford Advanced American DictionarySee balanced in the Oxford Learner's Dictionary of Academic English [more balanced; most balanced] : having good or equal amounts of all the necessary parts of something Most news articles gave a balanced [=fair, unbiased] account of the event. a balanced diet [=a diet having all the kinds of food needed to be healthy] Every morning she eats a balanced breakfast of toast, yogurt, and a glass of orange juice. — opposite unbalanced Balance is a noun that refers to a state of equilibrium or stability, while balanced is an adjective that describes something that is in a state of equilibrium or stability. Balance can also refer to the act of maintaining equilibrium, while balanced typically describes something that has already achieved equilibrium. Both words are related to the concept of stability and harmony, but balance is more often used as a noun, while balanced is used as an adjective. Balance and balanced are two terms that are often used interchangeably, but they actually have distinct meanings. Balance refers to a state of equilibrium or stability, where different elements are in the correct proportions. It can also refer to mental and emotional stability. On the other hand, balanced refers to something that is evenly distributed or harmonious. It can also refer to a state of being fair or impartial.Physical AttributesWhen it comes to physical attributes, balance is often associated with the ability to maintain stability and control over one's body. This can refer to physical activities such as yoga, where balance is crucial for holding poses. Balanced, on the other hand, can refer to physical symmetry or proportion. For example, a balanced diet includes a variety of nutrients in the correct proportions to support overall health.Emotional and Mental StatesIn terms of emotional and mental states, balance often refers to a sense of calmness and stability. This can involve managing stress and emotions in a healthy way. On the other hand, being balanced emotionally and mentally can refer to having a well-rounded perspective and being able to see things from different angles. It can also refer to being able to make decisions without being swayed by extreme emotions.Financial AspectsWhen it comes to finances, balance can refer to having a healthy relationship with money and being able to manage one's finances effectively. This can involve budgeting, saving, and investing wisely. On the other hand, being financially balanced can refer to having a diverse portfolio and spreading out investments to minimize risk. It can also refer to having a stable income and not relying too heavily on one source of revenue.Work and LifeIn the context of work and life, balance often refers to finding a harmonious relationship between one's professional and personal life. This can involve setting boundaries, prioritizing tasks, and making time for self-care. On the other hand, being balanced in work and life can refer to having a well-rounded approach to both areas. It can involve setting goals in different aspects of life and making sure to allocate time and energy to each one.Physical HealthWhen it comes to physical health, balance can refer to having good coordination, strength, and flexibility. This can help prevent injuries and improve overall fitness. On the other hand, being physically balanced can refer to having a strong core and stable posture. It can also refer to having good alignment and symmetry in the body to prevent imbalances and strain on certain muscles.ConclusionIn conclusion, balance and balanced are two terms that have similar meanings but are used in different contexts. Balance often refers to a state of equilibrium or stability, while balanced refers to something that is evenly distributed or harmonious. Whether it's in physical attributes, emotional and mental states, financial aspects, work and life, or physical health, both balance and balanced play important roles in maintaining overall well-being and harmony in various aspects of life. Comparisons may contain inaccurate information about people, places, or facts. Please report any issues. Also found in: Thesaurus, Medical, Legal, Financial, Idioms, Encyclopedia.Related to balanced: balanced diet, Balanced scorecard, Balanced fund (bălʹəns)n.1. A weighing device, especially one consisting of a rigid beam horizontally suspended by a low-friction support at its center, with identical weighing pans hung at either end, one of which holds an unknown weight while the effective weight in the other is increased by known amounts until the beam is level and motionless. Also called scale.2. A state of equilibrium or parity characterized by cancellation of all forces by equal opposing forces.3. The power or means to decide: matters that fell outside the judge's balance.4. a. A state of bodily equilibrium: thrown off balance by a gust of wind.b. The ability to maintain bodily equilibrium: Gymnasts must have good balance.5. A harmonious or satisfying arrangement or proportion of parts or elements, as in a design.6. An influence or force tending to produce equilibrium; counterpoise.7. The difference in magnitude between opposing forces or influences.8. Accounting a. Equality of totals in the debit and credit sides of an account.b. The difference between such totals, either on the credit or the debit side.9. Something that is left over; a remainder.10. Chemistry Equality of mass and net electric charge of reacting species on each side of an equation.11. Mathematics Equality with respect to the net number of reduced symbolic quantities on each side of an equation.v. bal·anced, bal·anc·ing, bal·anc·es v.tr.1. To determine the weight of (something) in a weighing device.2. To consider and compare or assess: balanced the pros and cons before making a choice.3. To bring into or maintain in a state of equilibrium.4. To act as an equalizing weight or force to; counterbalance.5. Accounting a. To compute the difference between the debits and credits of (an account).b. To reconcile or equalize the sums of the debits and credits of (an account).c. To settle (an account, for example) by paying what is owed.6. To bring into or keep in equal or satisfying proportion or harmony.7. Mathematics & Chemistry To bring (an equation) into balance.8. To move toward and then away from (a dance partner).v.intr.1. To be in or come into equilibrium.2. To be equal or equivalent.3. To sway or waver as if losing or regaining equilibrium.4. To move toward and then away from a dance partner.Idioms: in the balance In an undetermined and often critical position: Our plans were left hanging in the balance. Resolution of that item is still in the balance. on balance Taking everything into consideration; all in all.[Middle English balaunce, from Old French, from Vulgar Latin *bilancia, having two scale pans, from Latin bilānx : bī-, two; see dwo- in Indo-European roots + lānx, scale.] (bălʹəns)American Heritage® Dictionary of the English Language, Fifth Edition. Copyright © 2016 by Houghton Mifflin Harcourt Publishing Company. Published by Houghton Mifflin Harcourt Publishing Company. All rights reserved. (ˈbæləns̬t) adj1. having weight evenly distributed; being in a state of equilibrium2. (Psychology) (of a person) mentally and emotionally stable3. (Rhetoric) (of a discussion, programme, etc) presenting opposing points of view fairly and without bias4. (Cookery) (of a diet) consisting of all essential nutrients in suitable form and amounts to maintain health5. (Accounting & Book-keeping) (of a budget) having expenditure no greater than income6. (Electronics) electronics (of signals or circuitry) symmetrically disposed about earth or other reference potential7. (Chemistry) (of a chemical equation) having the correct relative number of moles of reactants and productsCollins English Dictionary – Complete and Unabridged, 12th Edition 2014 © HarperCollins Publishers 1991, 1994, 1998, 2000, 2003, 2006, 2007, 2009, 2011, 2014 Adj.1.balanced - being in a state of proper equilibrium; "the carefully balanced seesaw"; "a properly balanced symphony orchestra"; "a balanced assessment of intellectual and cultural history"; "a balanced blend of whiskeys"; "the educated man shows a balanced development of all his powers"imbalanced, unbalanced - being or thrown out of equilibriumBased on WordNet 3.0, Farlex clipart collection. © 2003-2012 Princeton University, Farlex Inc.adjective1. unbiased, just, fair, equal, objective, neutral, detached, open-minded, equitable, impartial, disinterested, even-handed, nonpartisan, unprejudiced, without fear or favour, nondiscriminating a fair, balanced, comprehensive report unbiased weighted, unfair, one-sided, prejudiced, biased, partial, distorted, warped, slanted, predisposed, lopsided, jaundiced2. varied, mixed, healthy, sensible a balanced diet3. calm, together (slang), cool, collected, reasonable, steady, sensible, composed, sane, dependable, unflappable (informal), self-possessed, even-tempered I have to prove myself as a respectable, balanced person.Collins Thesaurus of the English Language – Complete and Unabridged 2nd Edition. 2002 © HarperCollins Publishers 1995, 2002adjective1. Neither favorable or unfavorable:2. Possessing, proceeding from, or exhibiting good judgment and prudence:commonsensible, commonsensical, judicious, levelheaded, prudent, rational, reasonable, sagacious, sage, sane, sapient, sensible, sound, well-founded, well-grounded, wise. The American Heritage® Roget's Thesaurus. Copyright © 2013, 2014 by Houghton Mifflin Harcourt Publishing Company. Published by Houghton Mifflin Harcourt Publishing Company. All rights reserved. vyváženýrovnovážnývybalancovanývyrovnanýCollins Spanish Dictionary - Complete and Unabridged 8th Edition 2005 © William Collins Sons & Co. Ltd. 1971, 1988 © HarperCollins Publishers 1992, 1993, 1996, 1997, 2000, 2003, 2005Collins English/French Electronic Resource. © HarperCollins Publishers 2005Collins German Dictionary – Complete and Unabridged 7th Edition 2005. © William Collins Sons & Co. Ltd. 1980 © HarperCollins Publishers 1991, 1997, 1999, 2004, 2005, 2007 [ˈbæləns̬t] adj (views) → moderato/a; (personality, diet) → equilibrato/aCollins Italian Dictionary 1st Edition © HarperCollins Publishers 1995 → متوازن vyvážený afvejet ausgeglichen ισορροπημένος equilibrado tasapainoinen équilibré uravnotežen equilibrato バランスのとれた evenwichtig balansert zrównoważony equilibrado взвешенный balanserad □□□□□□□□ dengeli cân bằng 平稳的Multilingual Translator © HarperCollins Publishers 2009a. balanceado-a; en control;English-Spanish Medical Dictionary © Farlex 2012 adj equilibrado, balanceadoEnglish-Spanish/Spanish-English Medical Dictionary Copyright © 2006 by The McGraw-Hill Companies, Inc. All rights reserved. Want to thank TFD for its existence? Tell a friend about us, add a link to this page, or visit the webmaster's page for free fun content. Link to this page: Slowly the mast swung in until it balanced at right angles across the rail; and then I discovered to my amazement that there was no need for Maud to slack away.Then holding the lance full before his waistband's middle, he levels it at the whale; when, covering him with it, he steadily depresses the butt-end in his hand, thereby elevating the point till the weapon stands fairly balanced upon his palm, fifteen feet in the air.`Seeing the ease and security in which these people were living, I felt that this close resemblance of the sexes was after all what one would expect; for the strength of a man and the softness of a woman, the institution of the family, and the differentiation of occupations are mere militant necessities of an age of physical force; where population is balanced and abundant, much childbearing becomes an evil rather than a blessing to the State; where violence comes but rarely and off-spring are secure, there is less necessity--indeed there is no necessity--for an efficient family, and the specialization of the sexes with reference to their children's needs disappears.The tall masts are the pillars supporting the balanced planes that, motionless and silent, catch from the air the ship's motive-power, as it were a gift from Heaven vouchsafed to the audacity of man; and it is the ship's tall spars, stripped and shorn of their white glory, that incline themselves before the anger of the clouded heaven.Racing planes and digs alike have suffered severely--the former from 'unequal deposits of half-frozen slush on their vans (and only those who have "held up" a badly balanced plane in a cross-wind know what that means), and the latter from loaded bows and snow-cased bodies./ AFP / Andy Buchanan 4 / 22 A picture shows a balanced sculpture built during the European Stone Stacking Championships 2019 in Dunbar, Scotland, on April 21, 2019.Most of my co-definers agree, sometimes grudgingly, that generic, low-end wines with safely generic numbers could be described as balanced--though several hasten to add, "balanced but boring." Temecula winemaker Joe Hart adds that it isn't just inexpensive wines that qualify for the faint praise of balanced-but-boring; he's been drinking a lot of Australian reds lately that all seem to him to have been made by the same recipe: good chemistry, but "without any zip or zest."His knowledge of balanced and unbalanced forces also comes in handy--helping him to rise to the top of his sport.During the Great Depression, the greatest of all balance sheet recessions, those countries that tried to stick with balanced budget principles not only ended up experiencing the greatest economic declines, but also caused global fallacy of composition through their beggar-thy-neighbor policies.Barclaycard's Flexi Rate credit card charges 4.9 per cent per annum until the balance is cleared for any balances under pounds 5,000 as an interesting deal, but its 2.50 per cent balance transfer fee would cost pounds 125 on pounds 5,000 - to be balanced against the benefit of cheap borrowing. View synonyms for balancedfairly or equally containing a diversity of views, aspects, ingredients, activities, etc..The course provides a balanced program of study in painting, design, sculpture, and ceramics.Some newspapers provided more balanced coverage of the conflict.being in harmonious or proper arrangement or adjustment, proportion, etc..These guidelines will help beginning photographers achieve a balanced composition in each shot.Synonyms: evenhanded, impartial, just, equitable, fair(of a budget) showing enough revenue or income to cover all expenses.Our newly formed Finance Council will promote a balanced budget and long-range financial planning.(of an investment portfolio) including investments of a variety of types or in a variety of sectors so as to maximize returns with a manageable level of risk.Stocks can help you achieve a balanced portfolio when combined with fixed-income investments such as bonds.Football. pertaining to or noting an offensive line formation having three linemen on each side of the center.having weight evenly distributed; being in a state of equilibrium(of a person) mentally and emotionally stable(of a discussion, programme, etc) presenting opposing points of view fairly and without bias(of a diet) consisting of all essential nutrients in suitable form and amounts to maintain health(of a budget) having expenditure no greater than incomeelectronics (of signals or circuitry) symmetrically disposed about earth or other reference potential(of a chemical equation) having the correct relative number of moles of reactants and products“Collins English Dictionary — Complete & Unabridged” 2012 Digital Edition © William Collins Sons & Co. Ltd. 1979, 1986 © HarperCollins Publishers 1998, 2000, 2003, 2005, 2006, 2007, 2009, 2012Origin of balanced1First recorded in 1585–95; balance + -ed 2Examples have not been reviewed.After almost a week of daily attacks from both sides, this war is precariously balanced on the edge of a much wider conflict.The right for peaceful student protests is balanced with universities being able to limit the time and place they happen, in order to ensure no students are intimidated or prevented from attending lectures.This system of separation of powers and checks and balances is designed to prevent tyranny and ensure a balanced government.“So between the two of us, once we’re both happy, then we know we have something that’s really nice and balanced,” Lin adds.There is a pathway here to a more balanced, sustainably-growing economy.balance controlbalanced dietBrowse#aabbccddeeffgghhiijjkkllmmnnooppqqrrsstuuvvwwxxyyzzAboutCareersContact usCookies, terms, & privacyHelpFollow usGet the Word of the Day every day!© 2025 Dictionary.com, LLC