



SINCE 1828

balance noun

bal·ance | \ 'ba-lən(t)s \

Definition of *balance* (Entry 1 of 2)

- 1 a** : physical equilibrium
 // trouble keeping your *balance* on a sailboat
 // lost his *balance* and fell
 // a boxer kept off *balance* for a whole round
- b** : the ability to retain one's balance
 // Gymnasts must have a good sense of *balance*.
- 2 a** : stability produced by even distribution of weight on each side of the vertical axis
 // when the two sides of the scale are in *balance*
 // tipped the statue off *balance*
- b** : equipoise between contrasting, opposing, or interacting elements
 // ... the *balance* we strike between security and freedom.
 — Earl Warren
 // Both parties were interviewed to provide *balance* in the report.
 // the right *balance* of diet and exercise

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// achieving *balance* in a work of art

b *grammar* : the juxtaposition in writing of syntactically parallel (see PARALLEL entry 1 sense 3c) constructions containing similar or contrasting ideas (such as "to err is human; to forgive, divine")

4 a *accounting* : an amount in excess especially on the credit side of an account

// has a comfortable *balance* in the bank

// You must maintain a minimum *balance* of \$1000 in your account to avoid fees.

b : weight or force of one side in excess of another

// The *balance* of the evidence lay on the side of the defendant.

c : something left over : REMAINDER

// answers will be given in the *balance* of this chapter

— R. W. Murray

5 : mental and emotional steadiness

// I doubt that Thoreau would be thrown off *balance* by the fantastic sights and sounds of the 20th century.

— E. B. White

6 : an instrument for weighing: such as

a : a beam that is supported freely in the center and has two pans of equal weight suspended from its ends

b : a device that uses the elasticity of a spiral spring for measuring weight or force

7 : a means of judging or deciding

// the *balance* of a free election

8 : a counterbalancing weight, force, or influence

// The comedic character serves as a *balance* to the serious subject matter of the play.

9 : an oscillating wheel operating with a hairspring to regulate the movement of a timepiece

// a watch's *balance*

in the balance *or in balance*

: with the fate or outcome about to be determined

// our future hangs *in the balance* as we await his decision**on balance**

: with all things considered

// the meeting went well *on balance***balance** **verb****balanced**; **balancing****Definition of *balance* (Entry 2 of 2)***transitive verb*

- 1
 - a : to poise or arrange in or as if in balance
// *balancing* a book on her head
// The legislature hasn't *balanced* the budget in years.
 - b : to bring into harmony or proportion
// I struggled to *balance* my career and family life.
// a *balanced* diet
 - c : to bring to a state or position of balance (see BALANCE entry 1 sense 2)
// *balanced* the scales by adding a little more on one side
- 2
 - a (1) *accounting* : to compute the difference between the debits and credits of (an account)
// *balancing* a company's books
 - (2) : to pay the amount due on : SETTLE
// sent a check to *balance* her account
 - b (1) : to arrange so that one set of elements exactly equals another
// *balance* a mathematical equation
 - (2) *chemistry* : to complete (a chemical equation) so that the same number of atoms and electric charges of each kind appears on each side
- 3
 - a : COUNTERBALANCE, OFFSET

// He served black coffee to help *balance* out the sweetness of the dessert.

// *balance* one consideration against another

b : to equal or equalize in weight, number, or proportion

// The good times *balanced* the bad times.

4 : to weigh in or as if in a balance (see BALANCE entry 1 sense 6)

// *balance* the profit and loss to see what had been gained

intransitive verb

1 : to become balanced or established in balance

// Try *balancing* on one foot.

// The good times and bad times *balanced* out.

2 : to be an equal counterbalance —often used with *out*

// His speed will likely *balance* out his competitor's greater strength.

// The discount and the shipping charge *balance* each other out.

3 : WAVER sense 1

// *balances* and temporizes on matters that demand action

Synonyms & Antonyms

More Example Sentences

Learn More about *balance*

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Synonyms & Antonyms for *balance*

Synonyms: Noun

counterpoise, equilibration, equilibrium, equipoise, poise, stasis

Synonyms: Verb

equalize, equate, even, level

Antonyms: Noun

disequilibration, disequilibrium, imbalance, nonequilibrium, unbalance

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Examples of *balance* in a Sentence

Noun

// She had trouble *keeping her balance* as the boat rocked back and forth.

// The skater suddenly *lost his balance* and fell.

// Another skater bumped into him and *knocked him off balance*.

// Gymnasts need flexibility and *balance*.

// She has a good *sense of balance*.

// To provide *balance* in her news story, she interviewed members of both political parties.

// Temperature changes could upset the delicate *balance* of life in the forest.

// To lose weight you need the proper *balance* of diet and exercise.

// The food had a perfect *balance* of sweet and spicy flavors.

// It's important to keep your life *in balance*.

Verb

// I find it difficult to *balance on* one foot.

// He had trouble *balancing on* his skis.

// He helped his daughter *balance on* her bicycle before she started peddling.

// The legislature is still trying to *balance* the state's budget.

// He *balances* his checkbook every month.

// Something's wrong: the books don't *balance*.

See More 

Recent Examples on the Web: Noun

// In one playoff game, against JSerra Catholic, Charbonnet hurdled a defender, regained his *balance* and sprinted into the end zone.

— Orion Sang, *Detroit Free Press*, "Michigan football's Zach Charbonnet was groomed to be a freshman star. Here's how," 14 Sep. 2019

// Fiscal year revenue projections stand at about \$14 million, meaning the city will have to dip into its fund *balance* to make up a \$1.1 million difference.

— Carissa D. Lamkahouan, *Houston Chronicle*, "New Dickinson tax rate aims to boost revenue," 12 Sep. 2019

// If the cost of tuition wasn't constantly creeping up, our student loan *balances* wouldn't increase.

— David Klein, *Quartz*, "The US doesn't have a student debt problem. It has a college tuition crisis," 12 Sep. 2019

// But defended by Amare Stoudemire, Bogut lost his *balance* and came down on his elbow.

— Jr Radcliffe, *Milwaukee Journal Sentinel*, "These are the Wisconsin sports injuries that still haunt us," 11 Sep. 2019

// Users are expected to pay their *balance* in full each month, so for now there is no interest rate, or fee, to use the card, with Stripe making its money from the fee that comes with every transaction using the card.

— *SFChronicle.com*, "Wendy's breakfast; Stripe's Visa card; Target's holiday staffing," 10 Sep. 2019

// Monday, the superintendent of Green Local Schools sent a notice to parents that all students will now receive standard lunch regardless of their account *balance*.

— Amanda Jackson, *CNN*, "This 9-year-old was denied lunch on his birthday at school. Now the district is making changes," 10 Sep. 2019

// Ehlinger lofted it deep and Fulton swiveled around just a tick too early, losing his *balance*.

— Nick Moyle, *ExpressNews.com*, "No. 9 Texas falls to No. 6 LSU in instant classic," 7 Sep. 2019

// Stanford controls the ball well enough that its *balance* should shine as the game goes on.

— Chris Wassel, *USA TODAY Sportsbook Wire*, "Stanford Cardinal at USC Trojans odds, picks and best bets," 6 Sep. 2019

Recent Examples on the Web: Verb

// But even if McCoy can get to quarterback Jameis Winston early and often, will that be enough to *balance* out the rest of a Panthers defense that was exposed last week in a loss to the Rams?

— Benjamin Hoffman, *New York Times*, "N.F.L. Week 2 Predictions: Our Picks Against the Spread," 12 Sep. 2019

// The traditional distinctions between a more hawkish Defense Department and a more accommodating State Department, with the White House and National Security Council in the middle to *balance* the two sides out, are dissolving.

— Therese Shaheen, *National Review*, "The Need to Clarify and Strengthen Our Relationship with Taiwan," 11 Sep. 2019

// To help people with sensory dysfunction participate as fully in life as possible, occupational therapists can recommend coping mechanisms that *balance* out the sensory experience as much as possible.

— Caryn M. Sullivan, *Twin Cities*, "Caryn Sullivan: Meeting sensory challenges head-on," 25 Aug. 2019

// The pretty in pink martini was well-*balanced* and visually stunning.

— John-john Williams Iv, *baltimoresun.com*, "Besides the award-winning crabs, Conrad's Seafood in Abingdon is an uneven affair," 22 Aug. 2019

// Is there a way that a gallery can *balance* something like this?

— Christopher Mosley, *Dallas News*, "Two Oak Cliff art galleries team up for tandem exhibition 'In Memory'," 7 Aug. 2019

// In air, Tsirikas advises *balancing* out the frigid cabin conditions by avoiding cold beverages and drinking warm liquids, like hot water with lemon or a spicy herbal tea.

— Lauren Valenti, *Vogue*, "How to Take a Long-Haul Flight—And Land Looking Totally Refreshed," 5 Aug. 2019

// Hot girl summer has been picking up steam, and what better way to *balance* out the spicy season than with a sweet-smelling aroma.

— Jennifer Ford, *Essence*, "Spritz On These Fruity Scents For National Watermelon Day," 2 Aug. 2019

// Add the tomato paste and cherry tomatoes, then cook until the tomatoes have completely broken down, adding sweetness and acidity to *balance* out all that heat.

— Aliza Abarbanel, *Bon Appétit*, "Go Ahead and Fill Up on This Fiery Cashew Dip," 26 July 2019

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First Known Use of *balance*

Noun

13th century, in the meaning defined at sense 6

Verb

1588, in the meaning defined at transitive sense 2a(1)

History and Etymology for *balance*

Noun and Verb

Middle English, from Anglo-French, from Vulgar Latin **bilancia*, from Late Latin *bilanc-*, *bilanx* having two scalepans, from Latin *bi-* + *lanc-*, *lanx* plate

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Resources for *balance*



Dictionary Entries near *balance*

balalaika

balam

balan-

balance

balance a/the budget

balance beam

balance bill

Phrases Related to *balance*

balance a/the budget

balance out

lose one's balance

redress the balance

shift/tip/tilt the balance of power

strike a balance

swing the balance

the balance

tip the balance

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More Definitions for *balance*

balance noun

English Language Learners Definition of *balance* (Entry 1 of 2)

: the state of having your weight spread equally so that you do not fall

: the ability to move or to remain in a position without losing control or falling

: a state in which different things occur in equal or proper amounts or have an equal or proper amount of importance

balance verb

English Language Learners Definition of *balance* (Entry 2 of 2)

: to make (something, such as a plate or your body) steady by keeping weight equal on all sides

: to adjust (an account or budget) so that the amount of money available is more than or equal to the amount of money that has been spent

: to check and make adjustments to financial records so that they are accurate

See the full definition for *balance* in the English Language Learners Dictionary

balance noun

bal·ance | \ 'ba-ləns \

Kids Definition of *balance* (Entry 1 of 2)

1 : a steady position or condition
// The gymnast kept her *balance*.

2 : something left over : REMAINDER
// He spent the *balance* of his allowance.

3 : an instrument for weighing

- 4** : a state in which things occur in equal or proper amounts
// a balance of work and fun
- 5** : the amount of money in a bank account
- 6** : an amount of money still owed

balance verb

balanced; balancing

Kids Definition of *balance* (Entry 2 of 2)

- 1** : to make or keep steady : keep from falling
// ... their slippery ... forefeet did not allow them to balance there.
— Dick King-Smith, *Pigs Might Fly*
- 2** : to make the two sides of (an account) add up to the same total
- 3** : to be or make equal in weight, number, or amount
// You must balance your schoolwork and outside activities.
-

balance noun

bal·ance | \ 'bal-ən(t)s \

Medical Definition of *balance*

- 1** : an instrument for weighing
- 2** : mental and emotional steadiness
- 3 a** : the relation in physiology between the intake of a particular substance and its excretion —used with *positive* when the intake of a substance is greater than the body's excretion of it and with *negative* when the intake of a substance is less than the body's excretion of it

— see [NITROGEN BALANCE](#), [WATER BALANCE](#)

- b** : the maintenance (as in laboratory cultures) of a population at about the same condition and level

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Britannica English: Translation of *balance* for Arabic Speakers

Britannica.com: Encyclopedia article about *balance*

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