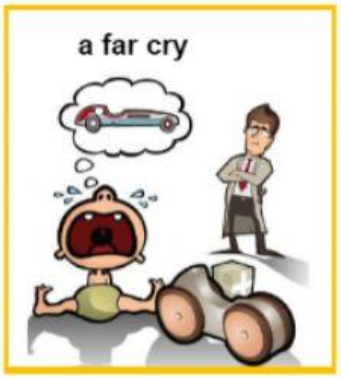
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|---|---|---|---|
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| to worry about things that are not important | avoid someone or something that seems unpleasant, dangerous, or likely to cause problems | to have control of something | be completely different from something |

Context:1. This may be a far cry from structured training plans. 2. They have a strong sense of purpose but don't sweat the small stuff. 3. Despite vast differences between these places, there are also similarities which could hold the key to boosting your own health, happiness and longevity. 4. People in Blue Zones either haven't been subjected to or in some cases merely choose to steer clear of these larger portion size

LIVEWORKSHEETS