

A	B
Longevity	in a way that may be unhealthy
To detoxify your body	to train the body through physical exercise
To keep oneself in shape	the act of eating more than you need or more than is healthy
Sedentary	stress or overwork
Overeating	to remain in good physical form
Work out	the food and drink that you eat and drink regularly
Strain	long life
Nutrient	involving little exercise or physical activity
Diet	a substance that is needed to keep a living thing alive and to help it to grow
Overweight	to remove impurities and poisons