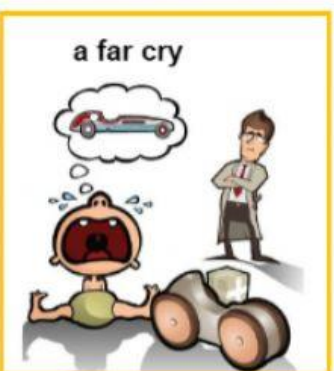


 to steer clear of	 hold the key	 a far cry	 to sweat the small stuff
to worry about things that are not important	avoid someone or something that seems unpleasant, dangerous, or likely to cause problems	to have control of something	be completely different from something

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 sizes. **LIVEWORKSHEETS**