



# Healthy lifestyle

exercise	physical activity intended to improve strength and fitness
fitness	the condition of being healthy and fit due to physical activities
relax	to become less severe or tense; relief from stress
diet	the food and beverage a person or animal consumes
balanced diet	a diet consisting of foods from all food groups
diet	a controlled regimen of food and drink, as to gain or lose weight or otherwise influence health
calory	the kilocalorie, a unit of energy 1,000 times larger than the normal calorie, used to measure food energy values
preventive	slowing the development of an illness; trying to hinder something to happen
protection	the process of keeping (something or someone) safe



[Vocabulary Trainer](#)



[Quizzes & Games](#)