Write a Java program to create an abstract class Person with abstract methods eat() and exercise(). Create subclasses Athlete and LazyPerson that extend the Person class and implement the respective methods to describe how each person eats and exercises.

Sample Solution:

Java Code:

```java
//Person.java
// Define an abstract class named Person
abstract class Person {
  // Declare an abstract method eat
  public abstract void eat();

  // Declare an abstract method exercise
  public abstract void exercise();
}
```

```java
//Athlete.java
// Define a class named Athlete that extends the Person class
class Athlete extends Person {
  // Override the eat method from the Person class
  @Override
  public void eat() {
    // Print a message about the athlete's diet
    System.out.println("Athlete: Include foods full of calcium, iron, potas
  }

  // Override the exercise method from the Person class
  @Override
  public void exercise() {
    // Print a message about the athlete's training
    System.out.println("Athlete: Training allows the body to gradually buil
  }
}
```

```java
//LazyPerson.java
// Define a class named LazyPerson that extends the Person class
class LazyPerson extends Person {
  // Override the eat method from the Person class
```

```java
    @Override
    public void eat() {
      // Print a message about the lazy person's eating habits
      System.out.println("Couch Potato: Eating while watching TV also prolong
    }

    // Override the exercise method from the Person class
    @Override
    public void exercise() {
      // Print a message about the lazy person's exercise habits
      System.out.println("Couch Potato: Rarely exercising or being physically
    }
  }
```

```java
//Main.java
// Define the Main class
public class Main {
  // The main method, the entry point of the program
  public static void main(String[] args) {
    // Create an instance of Athlete as a Person
    Person athlete = new Athlete();
    // Create an instance of LazyPerson as a Person
    Person lazyPerson = new LazyPerson();

    // Call the eat method on the athlete object
    athlete.eat();
    // Call the exercise method on the athlete object
    athlete.exercise();

    // Call the eat method on the lazyPerson object
    lazyPerson.eat();
    // Call the exercise method on the lazyPerson object
    lazyPerson.exercise();
  }
}
```

Output:

```
Athlete: Include foods full of calcium, iron, potassium, and fiber.
Athlete: Training allows the body to gradually build up strength and endurance,
```

> Couch Potato: Eating while watching TV also prolongs the time period that we're
> Couch Potato: Rarely exercising or being physically active.

Explanation: