



Health Idioms

An **idiom** is a phrase in a language that is figurative. Words take on a different meaning when used as part of a specific phrase.

Native speakers use idioms in everyday conversations.

To be as fit as a fiddle



To have very good health

I am as fit as a fiddle

To be at the prime of life



To be at the happiest, most
successful, fittest and
healthiest period of life.

*She is at the prime of her
life*

To have a new lease of life



To suddenly be very
energetic, active and fit

*He lost weight and now he
has a new lease of life*

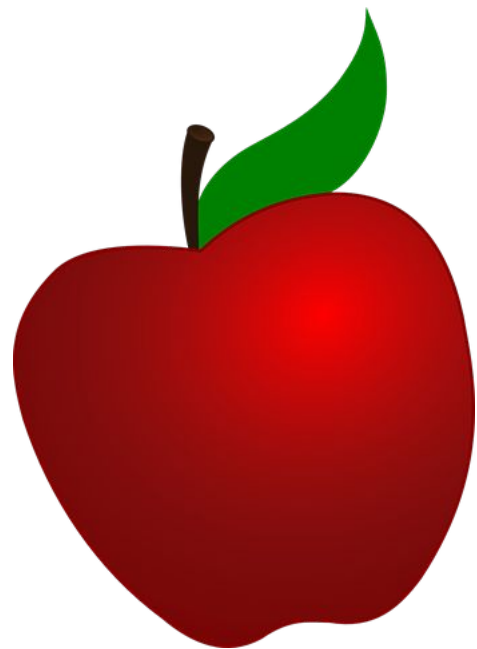
To have a clean bill of health



A doctor says that somebody
is well and healthy (not ill)

*Luckily, she now has a clean
bill of health*

An apple a day keeps the doctor away



Eating healthy foods will
prevent you from being ill

*You know it's true - an
apple a day keeps the
doctor away!*

To feel on top of the world

To feel extremely healthy and
happy



I feel on top of the world!