

# Five Must know Health Idioms

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Idioms are phrases which native speakers of a language commonly use in everyday conversation. They add a certain color to the language and hence, are popularly used to express a situation more vividly. When you hear a phrase, such as in the pink (of health), you imagine a person who is in good health, perhaps feeling strong and healthy. These idioms serve to help us make a mental picture. In our day-to-day lives, we make use of several idioms. Health idioms come handy in the professional world to describe our wellbeing or current state. Today, let us delve on five health idioms that an English learner should know in order to communicate better in the professional world.

Medical and Health Idioms		
Idiom	Meaning	Sentence
As fit as a fiddle	to be healthy and physically fit	<i>Despite being over ninety, my grandfather is as fit as a fiddle</i>
Black and blue	bruised, showing signs of having been physically harmed	<i>His arm was black-and-blue after falling off his bike</i>
Clean bill of health	a report or certificate that a person or animal is healthy	<i>My doctor gave me a clean bill of health after my annual check-up</i>
Flare up	to begin again suddenly (an illness or a disease)	<i>My skin problem flared up when I changed soap.</i>
Go under the knife	to have an operation in surgery, often cosmetic surgery	<i>Jane went under the knife yesterday for her spleen removed.</i>
Splitting headache	a severe headache	<i>I have been suffering from a splitting headache all morning</i>

## 5 Idioms About Health

### In bad shape

An individual who is unfit or unhealthy, physically or mentally, is considered to be in bad shape.

#### Example:

- He met with an accident and hence is in bad shape.
- After pregnancy she's in bad shape and needs to exercise

#### COMMON IDIOMS TO TALK ABOUT HEALTH



### A pain in the neck

A person who is annoying is said to be a pain in the neck. This is one informal idiom that you will mostly hear in the corporate environment.

#### Example:

could reply, fresh as a daisy.

**Example:**

- After a beach holiday, I feel fresh as a daisy.
- This morning, he arrived to work fresh as a daisy

**Feel blue**

Feeling sad, depressed or unwell. This idiom is also used commonly by native English speakers, in both professional and personal lives.

**Example:**

- Since her breakup a few day ago, she has been feeling blue
- After hearing the demise of CEO, all the employees were feeling blue

**Bitter pill to swallow**

An unpleasant fact that a person needs to accept.

**For example:**

- For Raj, losing the contract was a bitter pill to swallow.
- After defeat, to declare bankruptcy was a bitter pill to swallow for him.

These are some common health idioms that are used frequently in the corporate world. As an English learner, it is best if you develop a liking to learn idioms. The usage of these can make you look smart and well-read. In today's fast growing digital world, communication is the only tool that sets you apart from others. Improve your English and you can better your professional life in a shorter span of time. Join our [spoken English program](#) and let us guide you to a better and promising future.

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