**1. As fit as a fiddle**

To be *as fit as a fiddle* is **to be in excellent physical shape** or to be very healthy.

“Are you ready for our run this morning?”

“Ready?! I’m feeling *as fit as a fiddle*.*”*

As an extra bonus to this idiom, you can learn an interesting piece of vocabulary: *fiddle*.

A *fiddle* is a stringed instrument similar to a violin.

*To fiddle* is also a verb, which means to play with something or change something with your hands. We might also call it *fidgeting with our hands.*

## 2.To be back on one’s feet

If you’re back on your feet, then you’ve successfully **recovered from injury or sickness** and are feeling better again!

It means to be in good health after a difficult time.

“How was the surgery?”

“It was tough, but it’s great to be back on my feet!”

## 3. A clean bill of health

A clean bill of health is **when a medical professional acknowledges that you’re healthy** and free from health-related issues.

This idiom can also be used to refer to a group of people or even to non-human things. For example, you could use it in any situation where somebody with a special authority assesses something and finds it to be good. This could be anything from a car to a natural landscape.

“The local biologist assessed the river and found it to be healthy. He gave it a clean bill of health.”

Here’s a second example:

“The hikers who were lost in the woods for two days received a clean bill of health from the local physician.”

## 4. To have a spring in one’s step

In this case, we can think of a spring as a kind of upbeat jump or movement. A step simply refers to walking.

To have a spring in one’s step means **to be energetic and without worry**.

“Did you see Kate this morning?”

“No, why?”

“She looked so happy. There was definitely a spring in her step this morning.”

## 5. As pale as a ghost

This idiom is [a little bit spooky](https://www.fluentu.com/blog/english/halloween-vocabulary/)! Okay, not really.

It uses a simile, which is a comparison of one thing to another. [Similes are often found in poetry](https://www.fluentu.com/blog/english/poems-to-learn-english/" \t "_blank).

If someone is as pale as a ghost, then they’re very pale. Pale is a very light shade of color associated with sickness.

Because of this, the simile has two meanings: You can be as pale as a ghost because of **fear** or because **you’re very sick or nauseous**.

“Is he alright? He looks as pale as a ghost. I think he’s going to vomit!”

It’s also common to say that someone has turned white.

## 6. To have a frog in one’s throat

“Ribbit, ribbit!”

That’s the sound a frog makes in English.

But what if you have a frog in your throat?

If someone has a frog in their throat, then they’re **unable to speak in a clear way**. The reason that this idiom is included in this list is that it’s very common to use it when you’re unwell. For example, you may have seasonal allergies or have contracted a cold or the flu, which has led to a change in your voice.

“I’m sorry, but no matter how much water I drink, I can’t get rid of this frog in my throat.”

#### 7. Alive And Kicking

* **Meaning**: In good health despite health problems
* **Example**: I had coronary bypass surgery last winter, but I’m ***alive and kicking***!

#### 8. An apple a day keeps the doctor away

* **Meaning**: Eating healthy foods will keep one from getting sick (and needing to see a doctor)
* **Example**: Have an apple for a snack, instead of those chips. ***An apple a day keeps the doctor away,***after all.

#### 9. Break out in a cold sweat

* **Meaning**: To perspire from fever or anxiety
* **Example**: I usually ***break out in a cold sweat*** when I have to make a speech.

#### 10. Sick as a Dog

* **Meaning**: Extremely ill.
* **Example**: Did you have a good vacation?” -””Not really. I was ***sick as a dog*** the whole time.”