

● Health and fitness

Topic vocabulary in contrast

see page 191 for definitions

prescription / recipe	thin / slim	infection / pollution
operation / surgery	remedy / cure / therapy	plaster / bandage
sore / hurt / pain	effect / result	ward / clinic
illness / disease	healthy / fit	dose / fix
injured / damaged	examine / investigate	fever / rash

Phrasal verbs

break out start suddenly (for a war, fire, etc)	give up stop doing sth you do regularly
bring on cause (an illness, etc)	look after take care of
come down with start to suffer from a minor illness	pass out suddenly become unconscious
come round/to become conscious	pull through survive (a serious illness, etc)
cut down (on) do less of (smoking, etc); reduce an amount of	put down kill (a sick/old animal)
feel up to feel well enough to do	put on gain (weight)
get over recover from (an illness, etc)	wear off stop being effective (for a drug, etc)

Phrases and collocations

alternative	alternative medicine/therapy; find an alternative (to sth)
appointment	make/have/break an appointment
bath	have/take a bath; run a bath (for sb)
danger	in danger; out of danger
exercise	do an exercise; do exercise; take/get (some) exercise
fit	get/stay/keep/be fit; fit and healthy
good	do sb good; sth does you good; good for sb (to do)
health	in good/bad/poor/etc health; health centre; health care
injection	have an injection (for/against sth); give sb an injection
medicine	take/prescribe medicine; practise/study medicine; the best medicine; alternative medicine
shape	get in/into shape; stay/keep in shape; the shape of sth; in the shape of
spread	spread sth; spread sth over/on sth; spread to a place

Word patterns

addicted to sth	need to do; need doing; in need of; no need for
attempt to do	operate on sb/sth
benefit from sth; a benefit of sth	suffer from sth; suffer sth
complain (to sb) (about sth/sb doing); complain of sth	tired of sth/doing
cope with sth/doing	try to do; try sth/sb/doing; try and do
inject sth into sth/sb	worry about sth/sb doing; worried that; worried about/by
lead to sth/(your) doing	worth sth/doing
likely to do; it is (un)likely that	

Word formation

allergy allergic	fit unfit, fitness	poison poisonous, poisoning
aware unaware, awareness	ill illness	recover recovery
benefit beneficial	inject injection	strong strength, strengthen, strongly
comfort discomfort, (un)comfortable, (un)comfortably	injure injury, injuries	surgery surgeon, surgical(ly)
emphasis emphasise, emphatic	operate operation, operator, operating, cooperate, cooperation, (un)cooperative	treat treatment