1.1 Complete the table with words from A and B opposite. The first one has been done for you.

Noun	Adjective
fitness	fit
health	
illness	
sickness	

1.2 Make word combinations using a word from each box. Look at B and C opposite to help you.

complete	sickness
feel	health
get	remission
poor	sick
travel	over

1.3 Complete the conversation. Look at B opposite to help you.

Doctor: How are you feeling today?
Patient: Not very (1) ..... .
Doctor: How long have you been feeling (2) ..... ?
Patient: About a week.
Doctor: What is your (3) ..... like normally?
Patient: Very good. I'm usually quite (4) ..... and (5) ..... .
Doctor: What is the problem now?
Patient: It's my stomach.
Doctor: Do you feel (6) ..... ?
Patient: Yes.
Doctor: Have you actually been (7) ..... ?
Patient: No.
Doctor: Have you had any serious (8) ..... in the past?
Patient: No, none at all.

1.4 Choose the correct word to complete each sentence. Look at B and C opposite to help you.

1 Her condition ..... (deteriorated/improved) and she died.
2 He ..... (relapsed/recovered) and was allowed to go home from hospital.
3 The cause of sleeping ..... (illness/sickness) was discovered in 1901.
4 The patient made a full ..... (remission/recovery).
5 I have been in ..... (poor/good) health for months and feel very fit.
6 It was a month before I .... (got over / got better) the illness.
7 He seems to be rather ..... (unhealthy/unwell) – his diet is bad and he never exercises.

Over to you

What advice do you give people for keeping fit and well?

LIVEWORKSHEETS