

2 ☆☆ Complete the text with the idioms in the box. There is one extra idiom that you don't need.

are on your last legs • back on your feet •
black out • come down with • keep in shape •
pull through • the picture of health

Even for people who are usually

(a), it isn't unusual to catch a cold or (b) something when the weather becomes cold or wet. However, if you stay fit and (c) you will usually be (d) in almost no time at all.

Even if you feel like you (e), it's likely that with a bit of rest and making sure you stay warm, you'll (f) quite quickly.