BÀI TẬP VỀ IDIOMS

696. She decided to make a _____to live a healthier lifestyle.
A. resolution **B.** decision **C.** choice **D.** promise

697. He's been trying to turn over a new _____when it comes to eating.
A. leaf **B.** page **C.** stone **D.** chapter

698. She always says laughter is the best _____.
A. medicine **B.** cure **C.** therapy **D.** remedy

699. His doctor advised him to cut out _____food for better health.
A. processed **B.** junk **C.** unhealthy **D.** fast

700. They organized a charity run to promote _____awareness.
A. health **B.** fitness **C.** wellness **D.** mental health

701. She felt like a _____ after her morning jog.
A. champ **B.** champion **C.** winner **D.** warrior

702. He decided to take a _____ from work to focus on his health.
A. leave **B.** rest **C.** break **D.** pause

703. If you don't take care of yourself, you'll end up feeling _____.
A. unwell **B.** weak **C.** ill **D.** tired

704. She needs to _____her stress levels if she wants to stay healthy.
A. manage **B.** control **C.** lower **D.** reduce

705. He had to _____on his health after a heart scare.
A. focus **B.** concentrate **C.** turn **D.** rely

706. Eating breakfast is a good way to start the _____off right.
A. day **B.** morning **C.** week **D.** year

707. She believes in the importance of mental _____for overall wellness.
A. strength **B.** health **C.** fitness **D.** clarity

708. After his diagnosis, he was determined to turn his life _____.
A. around **B.** over **C.** up **D.** down

709. She was feeling on top of the _____after a good workout.
A. world **B.** mountain **C.** hill **D.** food chain

710. Drinking enough water is key to staying _____.
A. hydrated **B.** healthy **C.** active **D.** fit

711. He's been burning the candle at both _____and needs a break.
A. ends **B.** sides **C.** lights **D.** positions

712. Taking deep breaths can help you regain your _____.
A. focus **B.** clarity **C.** composure **D.** balance

713. She is _____to get better soon after her illness.
A. work **B.** family **C.** health **D.** happiness

714. She's trying to keep her mind _____by reading and learning new things.
A. active **B.** healthy **C.** busy **D.** clear

715. A positive attitude can have a significant impact on your _____.
A. health **B.** well-being **C.** happiness **D.** quality of life

LIVEWORKSHEETS