

Exercise 9

Match the idiomatic expressions with the definitions.

to have difficulty speaking, often because your throat is dry or you want to cough
really unwell
to stop doing something harmful that you have done for a long time
your level of fitness is more important than your physical age
recovering / feeling better
in good physical condition
what we put in our bodies affects our health
not completely well

1. in good shape	
2. as old as you feel	
3. under the weather	
4. you are what you eat	
5. kick the habit	
6. on the mend	
7. have a frog in your throat	
8. as sick as a parrot	