

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