

## 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