

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.