

Health, Fitness and Lifestyle

Vocabulary Lesson, Examples & Practice Questions

Health, Fitness and Lifestyle Vocabulary

Taking care of your body and mind is something people think about every day. Whether you go to the gym, cook healthy meals at home, or simply try to get enough sleep, your **lifestyle** has a big effect on how you feel. In this lesson, you will learn essential English vocabulary for talking about **health, fitness and lifestyle** — words and phrases that will help you have real conversations about staying well, keeping active, and making good choices.

A Typical Week for Sarah

Sarah is a 32-year-old teacher. She tries to *keep fit* by going for a run three times a week. She also watches what she eats — she avoids *junk food* and tries to eat a *balanced diet*. Last year, she was very *stressed out* because of work, so she started doing yoga to help her *relax*. Her doctor told her she needed to *cut down on* caffeine and get more *rest*. Now Sarah feels much better and says her *wellbeing* has really improved.

Let's look at all the key vocabulary from Sarah's story — and much more!

Key Vocabulary & Meaning Breakdown

1. Health and the Body

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
wellbeing	<i>noun</i> — the state of being healthy, happy, and comfortable in your life	Regular exercise can greatly improve your overall wellbeing.	improve / support / affect your wellbeing; <i>mental/physical wellbeing</i>
symptom	<i>noun</i> — a sign that shows you are ill or that something is wrong with your body	A sore throat and a high temperature are common symptoms of a cold.	common / mild / severe symptom; <i>symptoms of an illness</i>
immune system	<i>noun phrase</i> — the system in your body that fights against illness and infection	Eating plenty of vegetables can help to strengthen your immune system.	strengthen / weaken / boost your immune system
injury	<i>noun</i> — physical damage to part of your body, usually from an accident or sport	The footballer had to stop playing because of a knee injury.	suffer / recover from / prevent an injury; <i>sports injury</i>

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
recovery	<i>noun</i> — the process of getting better after an illness or injury	After the operation, her recovery took about three weeks.	make a full / quick / slow recovery; <i>recovery time</i>
prescription	<i>noun</i> — a written instruction from a doctor that allows you to get medicine	The doctor gave him a prescription for antibiotics.	write / give / fill a prescription; <i>on prescription</i>
check-up	<i>noun</i> — a general medical examination to make sure you are healthy	She goes for a dental check-up every six months.	have / go for a check-up; <i>regular/annual check-up</i>
allergic (to)	<i>adjective</i> — having a bad reaction to a particular food, animal, or substance	He is allergic to cats, so his eyes start to water when he visits friends who have one.	be allergic to something; <i>allergic reaction</i>

2. Fitness and Exercise

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
keep fit	<i>verb phrase</i> — to stay in good physical condition through regular exercise	She goes swimming twice a week to keep fit.	Also: <i>stay fit / get fit</i> ; very common in everyday spoken English
work out	<i>phrasal verb</i> — to do physical exercise, especially at a gym	He works out for an hour every morning before breakfast.	<i>work out at the gym / a workout (noun); daily/intense workout</i>
stamina	<i>noun</i> — the ability to do something for a long time without getting tired	Running long distances requires a lot of stamina.	build up / improve / have stamina; <i>physical/mental stamina</i>
strength training	<i>noun phrase</i> — exercise that builds muscle by lifting weights or using resistance	The personal trainer recommended adding strength training to her routine.	do / include strength training; also called <i>resistance training</i> or <i>weight training</i>
warm up	<i>phrasal verb</i> — to prepare your body for exercise with gentle movements	Always warm up before you start running to avoid injury.	<i>a warm-up (noun)</i> ; opposite: <i>cool down</i>

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
stretch	<i>verb / noun</i> — to extend your muscles by reaching or pulling your body into a position	He always stretches his legs after a long run.	stretch your muscles / do a stretch; <i>stretch before/after exercise</i>
calories	<i>noun (plural)</i> — units that measure the amount of energy in food or used by the body	An average adult needs around 2,000 calories per day.	burn / consume / count calories; <i>high/low in calories</i>
active	<i>adjective</i> — doing a lot of physical movement; not sitting still for long periods	It is important to stay active as you get older.	stay / remain / keep active; <i>physically active / an active lifestyle</i>

3. Diet, Habits and Lifestyle

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
balanced diet	<i>noun phrase</i> — eating the right amounts of different types of food to stay healthy	A balanced diet should include protein, carbohydrates, healthy fats, and plenty of vegetables.	eat / follow / have a balanced diet; opposite: <i>an unbalanced diet</i>
junk food	<i>noun phrase</i> — food that tastes good but is unhealthy because it is high in fat, sugar, or salt	He tries to avoid junk food, but he finds it difficult to say no to crisps.	eat / avoid / be addicted to junk food; also: <i>fast food, processed food</i>
cut down on	<i>phrasal verb</i> — to reduce the amount of something you do or consume	The doctor advised her to cut down on sugar to protect her teeth.	cut down on sugar / alcohol / caffeine / salt; similar to <i>reduce</i>
give up	<i>phrasal verb</i> — to stop doing something completely, especially a bad habit	He gave up smoking five years ago and feels much healthier now.	give up smoking / drinking / eating meat; stronger than <i>cut down on</i>
stress	<i>noun / verb</i> — a feeling of worry and pressure caused by difficult situations	Too much stress at work can be bad for your heart.	feel / cause / manage / reduce stress; <i>stressed out (adjective) = very stressed</i>
relax	<i>verb</i> — to rest and feel calm; to stop worrying	She likes to relax in the evening by reading a book	relax your mind / muscles; <i>relaxation (noun), relaxing</i>

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
		and drinking herbal tea.	(adjective)
habit	<i>noun</i> — something you do regularly, often without thinking about it	Going for a morning walk has become a healthy habit for him.	develop / break / form a habit; a good/bad/unhealthy habit
lifestyle	<i>noun</i> — the way a person or group of people live, including their habits and daily routines	Moving to the countryside helped her adopt a much healthier lifestyle.	lead / adopt / change your lifestyle; a healthy/active/sedentary lifestyle

Collocations & Useful Expressions

Learning collocations — words that naturally go together — will help you sound more natural in English. Here are the most important health, fitness, and lifestyle collocations at B1 level.

Health Collocations

be in good / poor health

My grandmother is 80, but she's still in very good health.

make a full recovery

The doctors are confident that he will make a full recovery after the operation.

suffer from (an illness / a condition)

Many people suffer from back pain because they sit at a desk all day.

boost your immune system

Getting enough sleep can help to boost your immune system.

seek medical advice

If your symptoms do not improve after a few days, you should seek medical advice.

Fitness Collocations

get into shape

He decided to join a gym and get into shape before the summer.

burn calories

Swimming is one of the best ways to burn calories and keep fit.

build up stamina

She runs a little further each week to build up her stamina.

follow a fitness routine

It is easier to stay motivated when you follow a regular fitness routine.

push yourself

The personal trainer encouraged her to push herself a little harder at the gym.

Lifestyle Collocations

lead a healthy lifestyle

He leads a healthy lifestyle — he eats well, exercises regularly, and gets plenty of sleep.

break a bad habit

It can be very difficult to break a bad habit once it is established.

adopt a healthy diet

After her check-up, the doctor suggested she adopt a healthier diet.

cut down on junk food

The first step to better health is to cut down on junk food and sugary drinks.

manage stress

Learning to manage stress is an important part of a healthy lifestyle.

Important Differences & Confusing Words

Tired vs Exhausted

Tired means you need to rest. It is a normal, everyday feeling.

Exhausted is much stronger — it means you are completely without energy. It is an extreme form of tiredness.

*I felt a little **tired** after lunch, so I had a short rest.*

*After running the marathon, she was completely **exhausted** and could hardly stand up.*

Diet vs Meal

Diet refers to the types of food you eat regularly, or a plan to control what you eat. It is not a single eating occasion.

Meal refers to one specific eating occasion, such as breakfast, lunch, or dinner.

*She follows a vegetarian **diet** — she never eats meat or fish.*

*We had a delicious **meal** at an Italian restaurant last night.*

Fit vs Healthy

Fit usually refers to physical condition — being able to exercise and move well. It focuses on strength and stamina.

Healthy is a broader word. It can describe someone whose body is working well, food that is good for you, or habits that are good for your wellbeing.

*He goes to the gym five days a week, so he is very **fit**.*

*Eating plenty of fruit and vegetables is a **healthy** habit.*

Note: You can be *fit* but not perfectly *healthy* (for example, a runner who eats a poor diet). And you can be *healthy* but not very *fit* (for example, someone who eats well but does not exercise much).

Cut Down on vs Give Up

Cut down on means to reduce — you still do or consume something, but less than before.

Give up means to stop completely — you no longer do or consume the thing at all.

I'm trying to **cut down on** coffee — I used to drink five cups a day, now I drink two.
My uncle **gave up** smoking completely last January. He hasn't had a single cigarette since.

Symptom vs Side Effect

Symptom is a sign that you are ill — something your body does because of a disease or condition.

Side effect is an unwanted effect caused by a medicine or medical treatment.

Headaches and a high temperature are common **symptoms** of the flu.

The medicine worked well, but it had the **side effect** of making her feel dizzy.

Common Mistakes

✗ I do exercise every morning to stay fit and healthy.

✓ I exercise / I do some exercise every morning to stay fit and healthy.

We do not usually say "do exercise" as a general statement. Use "exercise" as a verb, or say "do some exercise."

✗ She is interesting in fitness and healthy food.

✓ She is interested in fitness and healthy food.

"Interested" needs the preposition "in." The adjective "interesting" describes things, not feelings.

✗ He decided to give up on eating so much sugar.

✓ He decided to cut down on eating so much sugar.

"Give up on" means to stop trying to do something (e.g. a goal or a person). Use "cut down on" to reduce an amount, or "give up" (without "on") to stop completely: He gave up sugar entirely.

✗ I suffer with back pain after sitting at my desk all day.

✓ I suffer from back pain after sitting at my desk all day.

The correct dependent preposition with "suffer" in this context is "from," not "with."

✗ She did a recovery quickly after her operation.

✓ She made a quick recovery after her operation.

The correct collocation is "make a recovery," not "do a recovery."

✗ He is very exhausted after working in the garden for twenty minutes.

✓ He felt tired / a little tired after working in the garden for twenty minutes.

"Exhausted" is an extreme adjective meaning completely without energy. Use "tired" for a normal level of fatigue.

✗ You should eat healthy diet to feel better.

✓ You should eat a healthy diet to feel better.

Remember to use the indefinite article "a" before "healthy diet." It is a countable noun phrase.

Health, Fitness and Lifestyle: Quick Summary & Review

In this lesson, you have learnt important vocabulary for talking about **health, fitness and lifestyle** in English.

Here is a quick summary of what to remember:

- Use **wellbeing** to talk about how healthy and happy you feel overall.

- Use **symptom** for signs of illness and **side effect** for unwanted effects of medicine.
- Use **keep fit**, **work out**, and **build up stamina** when talking about exercise and physical condition.
- Remember the difference between **fit** (able to exercise well) and **healthy** (in good overall health).
- Use **cut down on** to reduce something and **give up** to stop it completely.
- Key dependent prepositions: **suffer from** an illness, **allergic to** something, **interested in** fitness.
- Key collocations: **lead a healthy lifestyle**, **make a full recovery**, **follow a balanced diet**, **manage stress**, **break a bad habit**.
- Use **tired** for normal fatigue and **exhausted** for extreme tiredness.

By practising these words, phrases, and collocations, you will feel much more confident when talking or writing in English about your own health and lifestyle — at the doctor's, with friends, or in an exam.

Now practise **health, fitness and lifestyle** vocabulary in the exercises below.

Health, Fitness and Lifestyle – Practice Test

B1 | Practice Exercises: Multiple Choice, Fill-in-the-Gap, Fill-in-the-Blank, Matrix Matching & Sorting

Part 1: Multiple Choice (Questions 1–10)

1 Maria goes to the gym three times a week and eats plenty of vegetables. We can say she has a _____ lifestyle.

- A** lazy
- B** healthy
- C** boring
- D** stressful

2 The doctor told him to _____ weight because his extra kilos were putting pressure on his heart.

- A** gain
- B** carry
- C** lose
- D** grow

3 She felt very _____ after running the marathon — she needed to sleep for hours.

- A** relieved
- B** energetic
- C** exhausted
- D** motivated

4 My doctor recommended that I take up a sport to deal _____ the stress from work.

- A** with
- B** about
- C** for
- D** on

5 Which of the following is a common symptom of a cold?

- A** broken leg
- B** runny nose
- C** sunburn
- D** toothache

6 He decided to _____ smoking because he wanted to improve his health and breathe more easily.

- A** take up
- B** give up
- C** look after
- D** go on

7 A diet that contains a good _____ of proteins, carbohydrates, and vitamins is important for your health.

- A** balance
- B** mixture
- C** portion
- D** supply

8 The nurse told the patient to rest and drink plenty of _____ to recover from the flu.

- A** medicine
- B** fluids
- C** vitamins
- D** tablets

9 Going for a walk every morning is good _____ your mental health as well as your physical fitness.

- A** to
- B** at
- C** for
- D** with

10 She bought a fitness _____ so she could track her steps, heart rate, and sleep patterns every day.

- A** monitor
- B** tracker
- C** recorder
- D** meter

Part 2: Fill in the Gap (Questions 11–20)

11 My doctor told me to cut ____ on sugar because it is bad for my health.

- A** down
- B** off
- C** out

12 She goes to the gym three times a week to stay in good ____.

- A** shape
- B** order
- C** condition

13 After the accident, he needed a long ____ to fully recover from his injuries.

- A** recovery
- B** treatment
- C** diagnosis

14 The nutritionist recommended a ____ diet with plenty of vegetables and protein.

- A** balanced
- B** heavy
- C** light

15 I felt very ____ after working out at the gym for two hours without a break.

- A** exhausted
- B** relaxed
- C** refreshed

16 The doctor told her to take the ____ twice a day after meals to fight the infection.

- A** medication
- B** injection
- C** examination

17 Drinking enough water every day is ____ for keeping your body hydrated and healthy.

- A** essential
- B** optional
- C** unusual

18 He decided to give ____ smoking after his doctor warned him about the serious health risks.

- A** up
- B** out
- C** away

19 Regular exercise can help ____ stress and improve your mental health.

- A** reduce
- B** remove
- C** replace

20 The nurse took my ____ to check if I had a fever before the doctor came in.

- A** temperature
- B** pressure
- C** weight

Part 3: Fill in the Blank (Questions 21–30)

21 My doctor told me to eat more fruit and vegetables and cut _____ on fatty foods to improve my health.

22 After running five kilometres, Sarah was completely out of _____ and had to stop to rest.

23 The doctor recommended a _____ diet that includes proteins, carbohydrates, and healthy fats every day.

24 James goes to the gym three times a week to keep _____ and reduce stress from work.

25 The nurse took my _____ and said I had a slight fever of 38 degrees.

26 Many health experts say that people who live a _____ lifestyle, sitting most of the day, are at greater risk of heart disease.

27 After the accident, Tom needed a six-week _____ period before he could return to his normal activities.

28 The pharmacist advised me to take one _____ three times a day with a full glass of water.

29 Drinking enough water throughout the day is essential to stay _____ and maintain good energy levels.

30 The health centre offers a free _____ once a year so patients can monitor their blood pressure and overall health.

Part 4: Matrix / Match Values (Questions 31–40)

31 Match each health-related word on the left with its correct meaning on the right.

MATCHING OPTIONS:

A A sign that shows you may have an illness

B A written order from a doctor for medicine

C A doctor's identification of what illness a patient has

D The process of getting better after an illness or injury

Item / Phrase	Write Match Letter (A, B, C...)
Symptom	[]
Diagnosis	[]
Recovery	[]
Prescription	[]

32 Match each fitness collocation on the left with the correct word that completes it on the right.

MATCHING OPTIONS:

A exercise

B a gym

C jogging

D fit

Item / Phrase	Write Match Letter (A, B, C...)
Do ____	[]
Go ____	[]
Join ____	[]
Keep ____	[]

33 Match each lifestyle adjective on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** Doing a lot of physical movement and exercise regularly
- B** Having the right amounts of different things for good health
- C** Spending a lot of time sitting and not being very active

Item / Phrase	Write Match Letter (A, B, C...)
Sedentary	[]
Active	[]
Balanced	[]

34 Match each phrasal verb on the left with its correct meaning in a health context on the right.

MATCHING OPTIONS:

- A** To become ill with a particular disease
- B** To reduce the amount of something you eat or drink
- C** To stop doing something completely, like smoking
- D** To do physical exercise, especially at a gym

Item / Phrase	Write Match Letter (A, B, C...)
Cut down on	[]
Give up	[]
Work out	[]
Come down with	[]

35 Match each food and diet word on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** Units that measure the amount of energy in food
- B** The amount of food served to one person at one time
- C** Substances in food that your body needs to stay healthy

Item / Phrase	Write Match Letter (A, B, C...)
Nutrients	[]
Calories	[]
Portion	[]

36 Match each word on the left with the correct dependent preposition combination on the right.

MATCHING OPTIONS:

A to (e.g. addicted to caffeine)

B to (e.g. allergic to nuts)

C from (e.g. recover from an operation)

D from (e.g. suffer from back pain)

Item / Phrase	Write Match Letter (A, B, C...)
Allergic	[]
Suffer	[]
Recover	[]
Addicted	[]

37 Match each sentence half on the left with the correct ending on the right to form advice about healthy living.

MATCHING OPTIONS:

A to stay hydrated throughout the day.

B because it is high in fat and sugar.

C so that your body can rest and repair itself.

Item / Phrase	Write Match Letter (A, B, C...)
You should drink plenty of water	[]
It is important to get enough sleep	[]
Try to avoid eating too much junk food	[]

38 Match each health condition on the left with its correct description on the right.

MATCHING OPTIONS:

A A condition caused by not drinking enough water

B A condition where someone is very overweight and it affects their health

C A feeling of being worried or under too much pressure

D A condition where you have difficulty sleeping

Item / Phrase	Write Match Letter (A, B, C...)
Insomnia	[]
Obesity	[]
Dehydration	[]
Stress	[]

39 Match each word on the left with the correct synonym on the right.

MATCHING OPTIONS:

A Strong, energetic, and very active

B Feeling ill or not in good health

C Extremely tired

D Thin in an attractive and healthy way

Item / Phrase	Write Match Letter (A, B, C...)
Exhausted	[]
Slim	[]
Unwell	[]
Vigorous	[]

40 Match each lifestyle habit on the left with the likely health outcome on the right.

MATCHING OPTIONS:

A Can cause low energy and difficulty concentrating in the morning

B Increases the risk of lung cancer and heart disease

C Helps to strengthen your heart and improve your mood

Item / Phrase	Write Match Letter (A, B, C...)
Exercising regularly	[]
Skipping breakfast	[]
Smoking cigarettes	[]

Part 5: Sort the Values (Questions 41–50)

41 Arrange the words to make a correct sentence.

balanced tries every diet day. She eat to a

42 Arrange the words to make a correct sentence.

exercise Regular mind. good both your body your for and is

43 Arrange the words to make a correct sentence.

recently.

trying

sugar

been

down

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44 Arrange the words to make a correct sentence.

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45 Arrange the words to make a correct sentence.

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46 Arrange the words to make a correct sentence.

throughout

hydrated.

Drinking

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47 Arrange the words to make a correct sentence.

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48 Arrange the words to make a correct sentence.

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49 Arrange the words to make a correct sentence.

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50 Arrange the words to make a correct sentence.

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A

Answer Key & Explanations

Health, Fitness and Lifestyle | B1

Part 1: Multiple Choice

1. **B** Correct Answer: healthy ✓ Explanation: A healthy lifestyle means doing regular exercise and eating good food to keep your body and mind in good condition. Eating fruit and exercising regularly is part of a healthy lifestyle. The other options describe negative or unrelated qualities.
2. **C** Correct Answer: lose ✓ Explanation: We use lose weight to mean becoming lighter or reducing body fat. The doctor advised her to lose weight by eating less sugar. Gain weight means the opposite — becoming heavier — so it does not fit the context here.
3. **C** Correct Answer: exhausted ✓ Explanation: Exhausted means extremely tired, with no energy left. After working 12 hours, he was completely exhausted. Energetic means having lots of energy, which is the opposite, and motivated means feeling keen to do something — neither fits the context of needing to sleep after a marathon.
4. **A** Correct Answer: with ✓ Explanation: The phrasal verb deal with means to manage or handle a problem or difficult situation. Exercise can help you deal with stress. This is a fixed collocation — the other prepositions are not used with deal in this meaning.
5. **B** Correct Answer: runny nose ✓ Explanation: A runny nose is when liquid drips from your nose, and it is a very common symptom of a cold. She had a runny nose and a sore throat, so she stayed home. The other options are not typical symptoms of a cold.
6. **B** Correct Answer: give up ✓ Explanation: Give up means to stop doing something, especially a habit. He gave up eating fast food to become healthier. Take up means to start a new activity, which is the opposite meaning, so it does not fit here.
7. **A** Correct Answer: balance ✓ Explanation: A balanced diet means eating the right amounts of different food groups to stay healthy. A balance of fruit, vegetables, and protein keeps your body strong. While mixture and portion are related to food, they do not collocate naturally with diet in this context.
8. **B** Correct Answer: fluids ✓ Explanation: Fluids refers to liquids such as water, juice, or soup that you drink. Drinking plenty of fluids helps your body recover from illness. The doctor said to stay in bed and drink fluids. Tablets and medicine are also related to recovery but are not the same as drinking liquids.
9. **C** Correct Answer: for ✓ Explanation: We use good for to say something has a positive effect on health or well-being. Fresh air and exercise are good for your mind and body. This is a fixed collocation — good to, good at, and good with have different meanings and do not fit here.

10. **B** Correct Answer: tracker ✓ Explanation: A fitness tracker is a wearable device that records information about your physical activity, such as steps taken and heart rate. Her fitness tracker showed she walked 10,000 steps today. While monitor can relate to health devices, fitness tracker is the standard collocation for this type of wearable technology.

Part 2: Fill in the Gap

11. **A** Correct Answer: down ✓ Explanation: The phrasal verb cut down on means to reduce the amount of something you eat, drink, or do. You should cut down on junk food if you want to feel healthier.
12. **A** Correct Answer: shape ✓ Explanation: The collocation stay in shape means to keep your body fit and healthy through exercise. Running every morning helps him stay in shape.
13. **A** Correct Answer: recovery ✓ Explanation: Recovery refers to the process of getting better after an illness or injury. Her recovery after the operation took several weeks.
14. **A** Correct Answer: balanced ✓ Explanation: A balanced diet includes the right amounts of different food groups to keep you healthy. A balanced diet is important for children's growth.
15. **A** Correct Answer: exhausted ✓ Explanation: Exhausted means extremely tired, especially after hard physical activity. She was exhausted after the long hike up the mountain.
16. **A** Correct Answer: medication ✓ Explanation: Medication refers to medicine that you take to treat an illness or condition. He forgot to take his medication this morning.
17. **A** Correct Answer: essential ✓ Explanation: Essential means absolutely necessary or very important. Getting enough sleep is essential for good health.
18. **A** Correct Answer: up ✓ Explanation: The phrasal verb give up means to stop doing a habit or activity permanently. She gave up eating meat two years ago.
19. **A** Correct Answer: reduce ✓ Explanation: Reduce means to make something smaller in amount or degree. We commonly say reduce stress when talking about managing feelings of anxiety. Yoga can help reduce stress after a long day at work.
20. **A** Correct Answer: temperature ✓ Explanation: Temperature is the measurement used to check if someone has a fever. We say take someone's temperature as a common medical collocation. The nurse took my temperature and said it was slightly high.

Part 3: Fill in the Blank

21. **down** Correct Answer: down ✓ Explanation: The phrasal verb cut down on means to reduce the amount of something you do or consume. You should cut down on sugar if you want to lose weight.
22. **breath** Correct Answer: breath ✓ Explanation: The expression out of breath describes the feeling of breathing with difficulty after physical effort. He was out of breath after climbing the stairs.

23. **balanced** Correct Answer: balanced ✓ Explanation: A balanced diet is one that contains the right amounts of all necessary food groups to keep you healthy. A balanced diet gives you energy throughout the day.
24. **fit** Correct Answer: fit ✓ Explanation: The expression keep fit means to stay in good physical condition through regular exercise. She keeps fit by swimming every morning.
25. **temperature** Correct Answer: temperature ✓ Explanation: Taking someone's temperature means measuring how hot their body is, usually with a thermometer. The doctor took his temperature to check for infection.
26. **sedentary** Correct Answer: sedentary ✓ Explanation: A sedentary lifestyle means spending most of your time sitting or being inactive, with very little physical exercise. Working at a desk all day can lead to a sedentary lifestyle.
27. **recovery** Correct Answer: recovery ✓ Explanation: Recovery is the process of getting better after an illness or injury. Her recovery after the operation was faster than expected.
28. **tablet** Correct Answer: tablet ✓ Explanation: A tablet is a small solid piece of medicine that you swallow. It is different from a liquid or injection. Take one tablet in the morning and one at night.
29. **hydrated** Correct Answer: hydrated ✓ Explanation: Hydrated means having enough water in your body. Staying hydrated is important for your health and concentration. Drink at least eight glasses of water a day to stay hydrated.
30. **check-up** Correct Answer: check-up ✓ Explanation: A check-up is a routine medical examination to make sure you are healthy, even when you have no symptoms. It is a good idea to have a check-up every year.

Part 4: Matrix / Match Values

31. **Symptom: A • Diagnosis: C • Recovery: D • Prescription: B** Correct Matches: • Symptom → A sign that shows you may have an illness • Diagnosis → A doctor's identification of what illness a patient has • Recovery → The process of getting better after an illness or injury • Prescription → A written order from a doctor for medicine ✓
Explanation: A symptom is something you feel or notice, like a cough. A diagnosis is what the doctor tells you after examining you, for example 'You have flu.' A prescription is the piece of paper you take to the pharmacy to get your medicine, and recovery is the time it takes to feel well again.

32. Do ____: A • Go ____: C • Join ____: B • Keep ____: D Correct Matches: • Do ____ → exercise • Go ____ → jogging • Join ____ → a gym • Keep ____ → fit ✓ Explanation: In English, fitness activities use specific verbs. We use do with general activities like 'do exercise', go with activities ending in -ing like 'go jogging', join when becoming a member of something like 'join a gym', and keep in the phrase 'keep fit', meaning to stay in good physical condition.

33. Sedentary: C • Active: A • Balanced: B Correct Matches: • Sedentary → Spending a lot of time sitting and not being very active • Active → Doing a lot of physical movement and exercise regularly • Balanced → Having the right amounts of different things for good health ✓ Explanation: A sedentary lifestyle often involves sitting at a desk all day, which can be bad for your health. An active lifestyle means you move around a lot, for example 'She leads a very active lifestyle.' A balanced diet includes different food groups in the right quantities to keep you healthy.

34. Cut down on: B • Give up: C • Work out: D • Come down with: A Correct Matches: • Cut down on → To reduce the amount of something you eat or drink • Give up → To stop doing something completely, like smoking • Work out → To do physical exercise, especially at a gym • Come down with → To become ill with a particular disease ✓ Explanation: These phrasal verbs are very common in health conversations. 'You should cut down on sugar' means eat less sugar. 'He gave up smoking last year' means he stopped completely. 'She works out three times a week' means she exercises. 'I think I'm coming down with a cold' means you are starting to feel ill.

35. Nutrients: C • Calories: A • Portion: B Correct Matches: • Nutrients → Substances in food that your body needs to stay healthy • Calories → Units that measure the amount of energy in food • Portion → The amount of food served to one person at one time ✓ Explanation: Nutrients include vitamins, minerals, and proteins that keep your body working well. Calories tell us how much energy food gives us, for example 'This meal has 500 calories.' A portion is the size of a serving, for example 'Eat smaller portions to control your weight.'

36. Allergic: B • Suffer: D • Recover: C • Addicted: A

Correct Matches: • Allergic → to (e.g. allergic to nuts) • Suffer → from (e.g. suffer from back pain) • Recover → from (e.g. recover from an operation) • Addicted → to (e.g. addicted to caffeine) ✓ Explanation: These are fixed dependent prepositions that must be memorised. We say 'allergic to something' and 'addicted to something' using to, but we say 'suffer from a condition' and 'recover from an illness' using from.

37. You should drink plenty of water: A • It is important to get enough sleep: C • Try to avoid eating too much junk food: B

Correct Matches: • You should drink plenty of water → to stay hydrated throughout the day. • It is important to get enough sleep → so that your body can rest and repair itself. • Try to avoid eating too much junk food → because it is high in fat and sugar.



Explanation: These sentences use common B1 linking words. To is used to express purpose, so that introduces a result or reason, and because gives a reason. Hydrated means having enough water in your body, and junk

food refers to unhealthy foods like crisps or fast food.

38. Insomnia: D • Obesity: B • Dehydration: A • Stress: C

Correct Matches: • Insomnia → A condition where you have difficulty sleeping • Obesity → A condition where someone is very overweight and it affects their health • Dehydration → A condition caused by not drinking enough water • Stress → A feeling of being worried or under too much pressure ✓ Explanation: These are all common health problems. Insomnia is the inability to sleep well. Obesity is a serious medical condition linked to diet and lifestyle. Dehydration can cause headaches and tiredness. Stress can affect both mental and physical health and is very common in modern life.

39. Exhausted: C • Slim: D • Unwell: B • Vigorous: A

Correct Matches: • Exhausted → Extremely tired • Slim → Thin in an attractive and healthy way • Unwell → Feeling ill or not in good health • Vigorous → Strong, energetic, and very active ✓ Explanation: Exhausted is a stronger word than tired and means you have no energy at all. Slim is a positive word for being thin, while skinny can sound negative. Unwell is a polite way to say someone is ill, for example 'She felt unwell after the meal.' Vigorous describes intense physical activity, like 'a vigorous workout.'

40. Exercising regularly: C • Skipping breakfast: A • Smoking cigarettes: B

Correct Matches: • Exercising regularly → Helps to strengthen your heart and improve your mood • Skipping breakfast → Can cause low energy and difficulty concentrating in the morning • Smoking cigarettes → Increases the risk of lung cancer and heart disease ✓ Explanation: Exercising regularly has well-known physical and mental health benefits, including a stronger heart and better mood. Skipping breakfast means not eating in the morning, which can make it hard to focus. Smoking is one of the leading causes of serious diseases such as lung cancer and heart disease, which is why doctors always advise people to give it up.

Part 5: Sort the Values

- 41.** Correct Answer: She tries to eat a balanced diet every day. ✓ Explanation: This sentence uses the pattern subject + verb + to-infinitive + object + time expression. The collocation balanced diet means eating a variety of healthy foods in the right amounts. The frequency adverb phrase every day comes at the end of the sentence.
- 42.** Correct Answer: Regular exercise is good for both your body and your mind. ✓ Explanation: The dependent preposition phrase good for is used to describe health benefits. The structure both ... and ... connects two nouns — your body and your mind — showing that exercise benefits both equally.
- 43.** Correct Answer: He has been trying to cut down on sugar recently. ✓ Explanation: This sentence uses the present perfect continuous tense (has been + verb-ing) to describe an ongoing effort. The phrasal verb cut down on means to reduce the amount of something, especially something unhealthy. The adverb recently often appears at the end of the sentence.
- 44.** Correct Answer: Getting enough sleep is just as important as eating well. ✓ Explanation: This sentence uses the as ... as structure for comparison, meaning the two things are equal in importance. The gerund Getting acts as the subject of the sentence. The collocation getting enough sleep is very common in health-related language.
- 45.** Correct Answer: She decided to take up yoga to reduce her stress levels. ✓ Explanation: The phrasal verb take up means to start a new hobby or activity. The to-infinitive of purpose (to reduce) explains the reason for the action. The noun phrase stress levels is a common B1 health collocation.
- 46.** Correct Answer: Drinking plenty of water throughout the day keeps you hydrated. ✓ Explanation: The gerund phrase Drinking plenty of water functions as the subject of the sentence. The prepositional phrase throughout the day indicates a continuous time period. The adjective hydrated means having enough water in your body, which is a key health vocabulary word.
- 47.** Correct Answer: If you want to stay fit, you should avoid sitting for too long. ✓ Explanation: This is a first conditional structure used for general advice. The verb avoid is followed by a gerund (sitting), not an infinitive. The collocation stay fit means to maintain good physical health, and the phrase for too long describes an excessive duration.
- 48.** Correct Answer: Many people find it difficult to give up unhealthy habits. ✓ Explanation: This sentence uses the pattern find it + adjective + to-infinitive, where it is a dummy subject acting as a placeholder. The phrasal verb give up means to stop doing something, especially a bad habit. The adjective unhealthy is the opposite of healthy.
- 49.** Correct Answer: He goes for a run at least three times a week. ✓ Explanation: The phrase go for a run is a common fitness collocation meaning to go running. The frequency phrase at least three times a week comes after the main verb phrase and describes how often the action happens. At least means a minimum number.

50. Correct Answer: A healthy lifestyle depends on making good choices every day.  Explanation: The verb depend on is a dependent preposition collocation, meaning it is always followed by on. After a preposition, a verb must be in the gerund form (-ing), so we say depends on making, not depends on to make. The phrase healthy lifestyle is a core B1 health vocabulary collocation.

Score Guide

45–50 Correct	Excellent! You have mastered this topic.
38–44 Correct	Very good! Review the rules you missed.
30–37 Correct	Good start. Re-read the lesson and examples.
0–29 Correct	Study the lesson again before retaking the test.