

1. **To flare up = empeorar repentinamente**  
*My allergies are mild in the winter, but they always **flare up** in the spring.*
2. **Under the weather = un poco enfermo o indispuesto**  
*I fell a little **under the weather** today, so I'm going to leave work early.*
3. **Splitting headache = una jaqueca muy fuerte**  
*I've worked on this puzzle for three hours, and now I have a **splitting headache**.*
4. **Call in sick = llamar a la empresa para avisar que estoy enfermo**  
*I don't feel well today and I have a fever. I'm going to **call in sick**.*
5. **In bad shape = en mala forma física**  
*Paul is **in bad shape**. He only worked in the garden for ten minutes and now he's exhausted.*
6. **To get in shape = ponerse en forma, adelgazarse**  
*My husband wants **to get in shape**, so he plans to run a mile every day and lift weights.*
7. **On the road to recovery = recuperándose**  
*Martha has been very sick, but now she's feeling better and is **on the road to recovery**.*
8. **Clean bill of health = el alta médica**  
*John was scared that he had a serious disease, but the doctor did some testing and gave him a **clean bill of health**.*
9. **As fit as a fiddle = sano y en forma**  
*My grandfather had to have a knee replacement. It took him a few weeks to recuperate, but now he's as **fit as a fiddle**.*
10. **The picture of health = muy sano**  
*I heard that Sarah was very sick last week, but when I saw her today she seemed fine--**the picture of health!***
11. **Out and about = doing normal activities**  
*After this COVID-19 lockdown, we can finally be **out and about** again and go to restaurants.*
12. **Up and about = no longer in bed (after an illness)**  
*My son had pneumonia and had to stay in the hospital for six days, but now he's **up and about**.*

[Sigue en la página 2]

**Rewrite the sentences and correct the errors in the idiomatic phrases.  
Escribe las frases de nuevo y corrige los errores en los modismos.**

1. Dry skin always makes this rash flare away.

\_\_\_\_\_.

2. I broke my arm and had to wear a plaster cast for two months, but now I'm fine as a fiddle.

\_\_\_\_\_.

3. Sam has been very stressed about the big meeting, and now he has a snapping headache.

\_\_\_\_\_.

4. I'm not really sick today. I'm just a little behind the weather.

\_\_\_\_\_.

5. Now that my sister is exercising three times a week, she is the photo of health.

\_\_\_\_\_.

6. Ann was so nauseated that she had to spend the whole day in bed, but now she is up and away.

\_\_\_\_\_.



**Select the most logical phrase. / Escoge la frase más lógica.**

1. I'm feeling stronger now and my sore foot feels better.

- a. I'm on the road to recovery
- b. I'm fit as a fiddle.

2. Sandra is driving now after her surgery and is going to all her favorite stores again. She's so glad to . . .

- a. call in sick.
- b. be out and about.

3. The X-rays showed that Bill's wrist was not broken. The doctor gave him . . .

- a. a clean bill of health.
- b. a picture of health.

4. I can't believe I've gained twenty pounds! I'm going to have to . . .

- a. flare up.
- b. get in shape.