TRANSCRIPT · EPISODE 196

Feeling Under the Weather? Five Idioms About Health

English learning resource · EN

Full episode script · English

54 lines

Study task: Listen again and notice the expressions you studied.

Julia, you look a little tired today.

I am getting over a cold.

I hope you will be back on your feet soon.

Thank you, and welcome to Idiom Toolbox Lesson 15.

Today we are learning five idioms about health and energy.

The first one is under the weather.

If you are under the weather, you feel slightly ill.

It is a gentle, everyday expression.

You might say, I am feeling a bit under the weather today.

It usually suggests something mild, not a serious diagnosis.

The second phrase is back on your feet.

It means recovered enough to return to normal activities.

After a week of rest, I was back on my feet.

You can use it after illness or a difficult setback.

It does not promise that every symptom has disappeared.

Our third idiom is fit as a fiddle.

It means healthy and physically well.

It sounds cheerful and a little old-fashioned.

My grandfather is eighty and still fit as a fiddle.

You can also use it humorously about yourself.

I feel fit as a fiddle after a good walk.

The fourth phrase is run down.

If you feel run down, you feel tired and low in energy.

It can happen after too much work and too little rest.

I have been feeling run down this week.

The final phrase is recharge your batteries.

It means rest and do something to recover your energy.

A quiet weekend helped me recharge my batteries.

It is a metaphor, not a medical treatment.

These idioms describe everyday feelings, not a doctor's diagnosis.

If your colleague says she feels run down, you can ask if she needs a break.

If someone has been ill, you can wish them a quick recovery.

When they are almost well, you might say, I hope you are back on your feet soon.

Fit as a fiddle is more positive and usually describes someone's general condition.

Recharge your batteries often suggests taking a proper rest before you feel completely exhausted.

The picture is a battery that needs energy again.

But in conversation, the phrase simply means rest and recover.

Let us review.

Under the weather means slightly ill.

Back on your feet means recovered enough for normal life.

Fit as a fiddle means healthy and well.

Run down means tired, and recharge your batteries means recover your energy.

Which phrase describes feeling slightly ill?

Under the weather.

Which phrase means taking time to regain your energy?

Recharge your batteries.

Notice that these phrases describe different stages, not the same level of health.

Under the weather usually sounds mild, while run down focuses on low energy.

For serious illness, say so clearly.

After resting, you may be back on your feet, and later fit as a fiddle.

Which phrase describes feeling healthy again after an illness?

Back on your feet.

Continue with Lesson 15 in the free Idiom Toolbox course; it gives you more guided practice with these expressions.

Take care of yourself, and keep your English moving.