Your English Toolbox

VOCABULARY · EPISODE 196

Feeling Under the Weather? Five Idioms About Health

English learning resource · EN

Key words & expressions · English

5 learning entries

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

1

under the weather

DEF

Feeling slightly ill or not quite well.

Informal and mild; it usually suggests a short, non-serious illness rather than a diagnosis.

I am feeling a bit under the weather today.

She stayed home because she was under the weather.

2

back on your feet

DEF

Recovered enough to return to your usual activities.

Used after illness, injury or a difficult setback; it does not claim that every problem has disappeared.

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

The team helped the shop get back on its feet.

3

fit as a fiddle

DEF

Very healthy and in good physical condition.

Cheerful and slightly old-fashioned; it often sounds playful when used about oneself.

My grandfather is eighty and still fit as a fiddle.

After that walk, I feel fit as a fiddle.

4

run down

DEF

Tired and low in energy, often after too much effort or too little rest.

Often used with feel or look; it describes a general state and is not a medical diagnosis.

I have been feeling run down this week.

She looked run down after several late nights.

5

recharge your batteries

DEF

To rest and do something that helps you regain energy.

A familiar metaphor for recovery; it suggests taking a real break, not receiving medical treatment.

A quiet weekend helped me recharge my batteries.

I need a short walk to recharge my batteries before the meeting.