

Health and Lifestyle Collocations: Fitness, Sleep, Diet, and Habits

Easy

Medium

A2 | Elementary | Pre-intermediate

B1 | Intermediate

B2 | Upper Intermediate

Adjective

Past tense

Phrasal verb

Phrase

Preposition

Verb

Collocations

Vocabulary

1. Complete Jake's story about his recent illness by choosing the correct word for each gap.

Last week I _____ down with a terrible flu. I had to _____ time off work for three days. Fortunately, I _____ a full recovery by the weekend.

Choose the correct option for each gap.

Blank 1

- A) came
- B) arrived
- C) went

Blank 2

- A) take
- B) make
- C) have

Blank 3

- A) made
- B) did
- C) had

2. Help complete this student's diary entry about getting sick.

"I think I'm _____ down with the flu. I have a _____ fever and I _____ under the weather. I should probably _____ in sick to work tomorrow."

Choose the correct option for each gap.

Blank 1

- A) coming
- B) getting
- C) falling

Blank 2

- A) high
- B) strong
- C) severe

Blank 3

- A) feel
- B) am
- C) stay

Blank 4

- A) call
- B) phone
- C) ring

3. Complete Emma's wellness blog post by choosing the most natural word for each blank.

To _____ good health, I've learned to _____ with stress better. I also make sure to _____ hydrated throughout the day and _____ regular exercise at least four times a week.

Choose the correct option for each gap.

Blank 1

- A) maintain
- B) preserve

Blank 2

- A) cope
- B) handle

Blank 3

- A) stay
- B) remain

Blank 4

- A) get
- B) take

4. Choose the correct word to complete the doctor's recommendation.

"You need to ____ at least 8 hours of sleep every night for optimal health."

Select one.

- A) take
- B) make
- C) get
- D) catch

5. Help Sarah complete her fitness journal by choosing the correct word for each gap.

Yesterday I decided to _____ in shape for summer. I started with a morning jog to _____ my stamina, then did some yoga to _____ my flexibility.

Choose the correct option for each gap.

Blank 1

- A) get
- B) become
- C) make

Blank 2

- A) build
- B) create
- C) grow

Blank 3

- A) improve
- B) increase
- C) boost

6. Choose the correct word to complete the nutritionist's advice.

"To stay healthy, you should ____ a balanced diet rich in fruits and vegetables."

Select one.

- A) keep
- B) maintain
- C) hold
- D) continue

7. Help the nutritionist complete her advice! Select ALL the correct dietary recommendations.

For better health, you should:

Select all that apply.

- A) follow a balanced diet
- B) make a balanced diet
- C) cut down on sugar
- D) cut up on sugar
- E) go on a diet
- F) go in a diet

8. Complete the wellness coach's advice with the most natural verb combinations.

If you want to _____ your immune system, you should _____ plenty of vitamins and _____ down on junk food. Also try to _____ your stress levels through meditation.

Choose the correct option for each gap.

Blank 1

- A) strengthen
- B) build
- C) enhance

Blank 2

- A) consume
- B) absorb
- C) intake

Blank 3

- A) cut
- B) slice
- C) trim

Blank 4

- A) manage
- B) handle
- C) control

9. Complete Tom's bedtime story! Select ALL the phrases that correctly describe good sleep habits.

Tom's doctor recommended that he should:

Select all that apply.

- A) get enough sleep every night
- B) take enough sleep every night
- C) fall asleep quickly
- D) fall sleeping quickly
- E) have a good night's sleep
- F) make a good night's sleep

10. Complete Sarah's conversation about her healthy lifestyle goals using the most common English collocations.

"I'm trying to _____ weight for summer. I've started to _____ on a diet and _____ up jogging. I also want to _____ up smoking completely."

Choose the correct option for each gap.

Blank 1

- A) lose
- B) drop
- C) cut

Blank 2

- A) go
- B) get
- C) make

Blank 3

- A) take
- B) pick
- C) do

Blank 4

- A) give
- B) stop
- C) quit

11. Complete Alex's wellness journey! Select ALL the correct health and lifestyle collocations.

To maintain his well-being, Alex tries to:

Select all that apply.

- A) stay in good health
- B) keep in good health
- C) lead an active lifestyle
- D) live an active lifestyle
- E) maintain a healthy weight
- F) keep a healthy weight
- G) boost his immune system
- H) push his immune system

12. Complete the health advice with the most natural collocations.

To maintain good health, you should _____ regular exercise and _____ a balanced diet. It's also important to _____ enough sleep every night.

Choose the correct option for each gap.

Blank 1

- A) get
- B) obtain
- C) receive

Blank 2

- A) follow
- B) maintain
- C) keep

Blank 3

- A) have
- B) obtain
- C) take

13. Complete the patient's medical journey! Select ALL the correct expressions about illness and recovery.

During his illness, Jake had to:

Select all that apply.

- A) catch a cold from his colleague
- B) take a cold from his colleague
- C) come down with the flu
- D) come up with the flu
- E) make a full recovery
- F) do a full recovery
- G) get over his illness quickly
- H) get around his illness quickly

14. Choose the correct word to complete the sleep specialist's observation.

"After using the new mattress, patients report falling into a much ____ sleep."

Select one.

- A) strong
- B) deep
- C) heavy
- D) thick

15. Help Maria describe her new fitness routine! Select ALL the correct collocations that complete her sentences.

Maria wants to improve her health, so she decided to:

Select all that apply.

- A) get in shape for summer
- B) make in shape for summer
- C) work out three times a week
- D) work up three times a week
- E) stay in shape year-round
- F) keep in form year-round

16. Choose the correct word to complete Jake's New Year resolution.

"This year, I'm determined to ____ my bad habit of eating junk food late at night."

Select one.

- A) stop
- B) finish
- C) break
- D) end

17. Help David tell his story about changing his lifestyle by choosing the right words for each gap.

I used to _____ an unhealthy lifestyle, staying up late and eating junk food. But I finally decided to _____ the habit of smoking and _____ up processed foods completely.

Choose the correct option for each gap.

Blank 1

- A) live
- B) lead
- C) have

Blank 2

- A) kick
- B) stop
- C) quit

Blank 3

- A) give
- B) cut
- C) drop

18. Choose the correct word to complete Maria's fitness goal.

"My main objective this summer is to ____ some weight before my wedding."

Select one.

- A) lose
- B) gain
- C) maintain
- D) watch

19. Complete Tom's bedtime routine story by choosing the appropriate word for each gap.

Every night I try to _____ up on sleep since I've been feeling tired lately. I always _____ off all devices an hour before bed, then I _____ off to sleep while listening to soft music.

Choose the correct option for each gap.

Blank 1

- A) catch
- B) get
- C) sleep

Blank 2

- A) switch
- B) turn
- C) shut

Blank 3

- A) drift
- B) fall
- C) slip

20. Help Sarah describe her journey to better health! Select ALL the correct ways to talk about changing bad habits.

Sarah decided to improve her lifestyle by:

Select all that apply.

- A) giving up smoking
- B) giving out smoking
- C) breaking bad habits
- D) cracking bad habits
- E) cutting back on junk food
- F) cutting behind on junk food
- G) taking up jogging
- H) taking over jogging

21. Help Maria describe her healthy eating journey by choosing the correct word for each gap.

Last month I decided to _____ a balanced diet. Now I always _____ a nutritious breakfast and try to _____ down on sugar throughout the day.

Choose the correct option for each gap.

Blank 1

- A) follow
- B) create
- C) begin

Blank 2

- A) have
- B) enjoy
- C) prepare

Blank 3

- A) cut
- B) bring
- C) keep

22. Choose the correct word to complete Emma's explanation for missing work.

"I couldn't come to the office yesterday because I ____ a terrible cold."

Select one.

- A) got
- B) caught
- C) took
- D) received

23. Complete the fitness enthusiast's blog post with the appropriate collocations.

Yesterday I _____ a marathon and really _____ my limits! Now I need to _____ my body time to recover. Tomorrow I'll just do some light stretching to _____ in shape.

Choose the correct option for each gap.

Blank 1

- A) ran
- B) swam
- C) climbed

Blank 2

- A) pushed
- B) pulled
- C) moved

Blank 3

- A) give
- B) show
- C) bring

Blank 4

- A) stay
- B) keep
- C) hold

24. Help the doctor complete her patient notes by choosing the correct verb for each medical condition.

The patient has been _____ from chronic insomnia for several months now.

She is currently _____ off a persistent cold that started last week.

I strongly recommend that she _____ the habit of drinking coffee before bedtime.

Choose the correct option for each gap.

Blank 1

- A) suffering
- B) experiencing
- C) dealing

Blank 2

- A) fighting
- B) working
- C) struggling

Blank 3

- A) breaks
- B) stops
- C) ends