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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