

When talking or writing about your own or someone else's **health**, you might choose to use one of the phrases from the lists below.

### feeling ill or unhealthy

be at a low ebb  
be/feel off-colour  
be/feel out of sorts  
be in a bad way  
be out of shape  
be a nervous wreck  
look like death warmed up  
not look yourself

be/feel below par  
be out of condition  
be/feel under the weather  
be out of joint  
be pale/green around the gills  
feel like nothing on earth  
not feel yourself  
overdo it

### recovering from illness

be on the mend

be up and about

### strong and healthy

alive and kicking  
have the constitution of an ox  
in shape  
right as rain

fit as a fiddle  
hale and hearty  
on top form