

## *Live Lesson Notes*

# Health

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### What you will learn in this worksheet:

Useful links  
Useful health vocabulary  
Health and fitness  
Health and disease  
Idioms to talk about health

## Useful Links

### Articles about health

<https://www.healthline.com/health-news>

<https://familydoctor.org/prevention-and-wellness/>

<https://health.usnews.com/wellness>



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# IELTS Speaking Topics: Health

*Health is a very wide topic and overlaps with other common topics in IELTS Speaking including:*

- Keeping fit
- Physical exercise
- Sport
- Mental health
- Disease and sickness
- Medicine
- Health Care
- Food and Nutrition
- Sleep

# IELTS Speaking Vocabulary: Health

Health (n.)  
Healthy (adj.)  
Healthily (adv.)

*Here are some common spoken greetings in British English:*

- How are you?
- How are you doing?
- How's it going?

*For close family and friends, a possible follow up question is:*

How's your health?

*Possible answers to this question are the following:*

- I am in good health
- I'm alive and kicking
- I'm as fit as a fiddle
- I'm perfectly healthy

*Likewise talking about other members of your family, you may say,*

- She's enjoying good health
- He is in poor health
- He looks like death warmed up = *looks very sick*

*If you are feeling **very** fit and healthy you can say,*

- I am fighting fit
- I'm in top form
- I am in great shape
- I've never felt better

## Common Collocations with Health

We need to look after our **mental health**

We need to maintain our **physical health**

Lead a **healthy lifestyle**

Eat a **healthy diet**

She is **fit and healthy**

## **IELTS Speaking Topic: How do you stay fit and healthy?**

I stay in shape by working out

I maintain my health by eating a healthy diet

I keep healthy by taking medicine and taking supplements

By eating a vegetarian diet - a plant-based diet - a vegan diet

I make a point of doing yoga or doing meditation

Mostly by just keeping active

I do my morning walks daily

I make it a point (*=to make sure*) to hit the gym on a daily basis

# IELTS Speaking Topic: Health and Fitness

You are going to listen to a passage about health and fitness.

[Click here to Listen](#)

Fill in the gaps in these phrases:

1. \_\_\_\_\_ of shape
2. Be fighting \_\_\_\_\_
3. To \_\_\_\_\_ out
4. Physical and \_\_\_\_\_ health
5. \_\_\_\_\_ up the energy
6. Get \_\_\_\_\_ into shape

**Answers at bottom of PDF**

## Listening: Full Tape Script

Lately I have not done any **physical activity** and I feel totally **out of shape**.

I used to **be fighting fit**.

I was a regular down the gym, **working out** three times a week, like clockwork, but nowadays, I have got out of the habit.

I know it's important to look after your **physical health**, as that also affects your **mental health**, right?

The thing is, I just can't **muster up the energy** to do any exercise. I'm **in a bit of a rut**. (=in a bad situation)

Maybe I should join a club or something to **get back into shape**.

I was thinking about a walking club. Going hiking with a group of people seems like a good idea.

It might motivate me to **keep going**, I can meet some new friends and I will get lots of fresh air to boot. (= In addition / an added bonus)

It sounds like a plan!



# IELTS Speaking Topic: Health and Disease

*Find some interesting articles about health below.*

*These will give you lots of ideas to talk about, as well as the language you need to discuss these topics confidently to boot.*

**Healthline** is a research-backed website run by professionals and a good source of health information

<https://www.healthline.com/health-news>

**Family Doctor** has articles with advice about everyday family health

<https://familydoctor.org/prevention-and-wellness/>

*Most news websites have a health section like this one, and tend to have articles about topical and trending health subjects, often for easy reading.*

<https://health.usnews.com/wellness>

## Phrasal verbs

*Here are a number of phrasal verbs that are commonly used to talk about falling ill and recovering from illnesses.*

1. I don't feel well, I think am COMING DOWN with a cold.

**Come down with** an illness = *to begin to have it*

2. I have had this cough for 5 days now, I just can't SHAKE / FIGHT it OFF.

**Shake off** an illness = *to get rid of it*

3. Take this medicine, it should help FIGHT / SHAKE OFF your cold.

**Fight off** an illness = *to (try to) get rid of it*

4. I am feeling much better now, I think I have GOT / GOTTEN OVER my sickness.

**Get over** an illness = *to recover from it*

# IELTS Speaking Idioms about Health

*The following mean to feel unwell*

**I feel as sick as a dog** = *very sick*

I am **feeling under the weather** today

**I feel a bit out of sorts** today, but I am not sure why = *a little sick*

*The following mean to feel well (after a sickness)*

1. To feel as right as rain

I was sick last night, but now **I feel as right as rain**

2. To be back on my feet

I was off work last week with a cold but now **I am back on my feet**

3. To be on the mend

I had the flu last week, but **I'm on the mend** this week.

*Watch this shorts video to listen to these 3 idioms about health*

**A clean bill of health** = A confirmation that you are fit and healthy

The doctor gave me **a clean bill of health**

**Just what the doctor ordered!** = That is just what I needed!

This holiday is just what the doctor ordered!

## Listening Task Answers:

1. Out of shape (=not fit)
2. Be fighting fit (=in great shape)
3. To work out (= to do exercise)
4. Physical and mental health
5. Muster up the energy (=build up)
6. Get back into shape