

# Medical & Health Idioms

As fit as a fiddle	To be healthy and physically fit
At death's door	Very near death 
As pale as a ghost	Extremely pale
Bitter pill to swallow	An unpleasant fact that one must accept
Get a charley horse	To develop a cramp in the arm or the leg
Have one foot in	To be near death 
the grave	
Run in the family	To be a common family characteristic 
Under the weather	Not feeling well
Sick and tired of	Extremely annoyed by something that occurs repeatedly
Go under the knife	Undergo surgery