

Phrasal Verbs – Health

to come down with something:

to become ill with an illness that's not very serious

"I think I'm **coming down with a cold.**"

to bring something up / to throw up:

to vomit

"The fish wasn't cooked properly. And as soon as she ate it, she **brought it up.**"

to pack up:

to stop working or functioning

"He smoked so much for so many years it was no surprise when his lungs **packed up.**"

to get over something:

to get better after being ill, to recover from being sick

"When he **gets over the flu**, he'll go back to work."

to pass out:

to faint, to lose consciousness

"The room was so hot and stuffy that he **passed out.**"

to come round:

to become conscious again after fainting or being unconscious

"He fainted but **came round** again after we opened a window and got some fresh air into the room."

to patch someone up:

to give basic medical care to someone which helps them temporarily

"When he cut himself on the broken glass, I **patched him up** before we took him to the hospital."

to put on weight / to put weight on

to increase how much you weigh, to get fatter or heavier

"I really need to go on a diet. I **put so much weight on** during my vacation."

to lose weight

to decrease how much you weigh, to get thinner or lighter

"I've **lost** so much **weight** recently, I'll soon be a size 10!"

to take up something

to start doing an activity, hobby or job

I'm going to **take up tennis** this summer. I've never played it before but I think I'll like it.

to cut out something

to stop eating or drinking something, usually to improve your health

"He's **cut out sweets and chocolates** and has already lost some weight."

to cut down on something

to reduce the consumption of something, usually to improve your health

"He's **cut down on sweets and chocolates** and has already lost some weight."

to give up something

to stop doing or using something, usually to improve your health

"I **gave up meat** 10 years ago and feel so much healthier now that I'm a vegetarian."