

# Spanish Expressions About Health

## Prevention and Healthy Living

English Expression	Spanish Translation
An apple a day keeps the doctor away	Una manzana al día mantiene al médico en la lejanía
In the pink of health	Estar en plena forma
Burn off calories	Quemar calorías

## Illnesses and Diseases

English Expression	Spanish Translation
Under the weather	Estar pachucho
Catch a cold	Coger un resfriado
Bite the bullet	Armarse de valor
A cold sweat	Sudor frío

## At the Doctor

English Expression	Spanish Translation
Get a check-up	Hacer un chequeo médico
Take your temperature	Tomarse la temperatura
On the mend	Recuperándose