



Do you know what 'fit as a fiddle' means?

When we say someone is as 'fit as a fiddle' we mean that they are in very good health.

Origin - the story:

This phrase originates from the fiddle, which is a musical instrument. It can be dated back to around the 17th century.

All musical instruments require maintenance to keep them in good condition so that they are fit to play their very best – just like us!

Example: "You're fit as a fiddle, Mr Sparks!" exclaimed the doctor.

