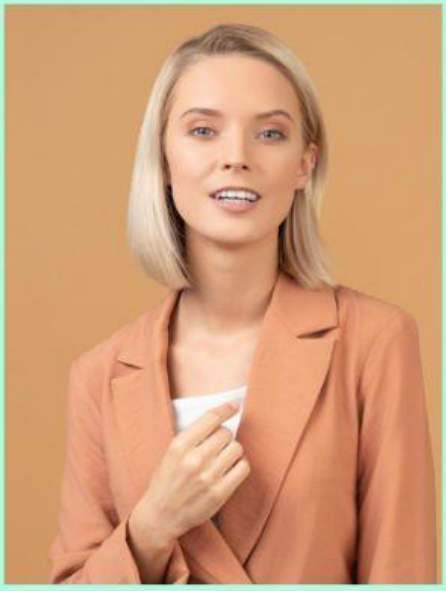
Watch the video

Complete the sentences using the present perfect form of the verb given. (use the video for information).

Martin _____ unhappy recently. He _____
(be) (not / go)
to the gym lately. And he _____ his weight.
(not / watch)
He _____ healthy food either. He _____
(not / eat) (gain)
a lot of weight, and his blood pressure _____
(go)
up too.

Eliza _____ to get in shape lately. She _____
(start) (lose)
weight recently. Her blood pressure _____ down.
(go)
She _____junk food and _____ every
(give up) (exercise)
day for three months.



I _____ weight recently, so I decided to change my
(gain)
diet and get in shape. I _____junk food, and I
(give up)
_____ any unhealthy food recently. I _____
(not / eat) (start)
to eat more fruits and vegetables. I _____ to the
(go)
gym four times this week already. I _____ weight
(lose)
and I _____ tired in a long time.
(not feel)

Look at the pictures. Write questions and answers using the present perfect and the words recently or lately. (use the video for information).

EXAMPLE **Omar / see a doctor**

Has Omar seen a doctor recently?
Yes, he has.
No, he hasn't

Oksana / lose weight

1a. _____ ?

1b. _____, _____.

Jon / give up junk food

2a. _____ ?

2b. _____, _____.

Tessa / sleep much

3a. _____ ?

3b. _____, _____.

Martin / start exercising

4a. _____ ?

4b. _____, _____.

Dolores / take vitamins

5a. _____ ?

5b. _____, _____.

Tye and Lea / eat healthy

6a. _____ ?

6b. _____, _____.