



# Watch the video



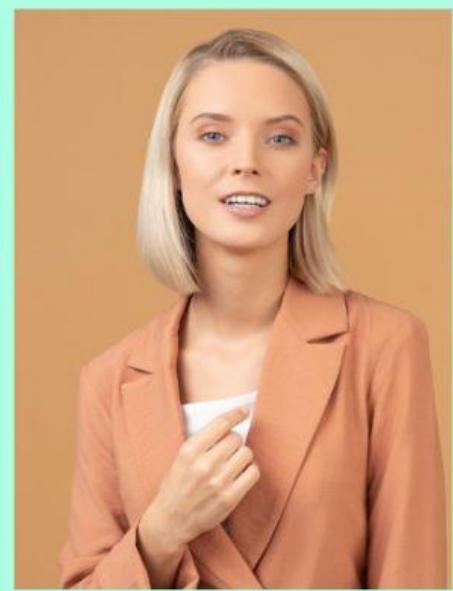
Complete the sentences using the present perfect form of the verb given. (use the video for information).



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).



Oksana / lose weight



Jon / give up junk food



Tessa / sleep much



Martin / start exercising



Dolores / take vitamins



Tye and Lea / eat healthy

**EXAMPLE** Omar / see a doctor

Has Omar seen a doctor recently?

Yes, he has.

No, he hasn't

1a. \_\_\_\_\_ ?

1b. \_\_\_\_\_, \_\_\_\_\_.

2a. \_\_\_\_\_ ?

2b. \_\_\_\_\_, \_\_\_\_\_.

3a. \_\_\_\_\_ ?

3b. \_\_\_\_\_, \_\_\_\_\_.

4a. \_\_\_\_\_ ?

4b. \_\_\_\_\_, \_\_\_\_\_.

5a. \_\_\_\_\_ ?

5b. \_\_\_\_\_, \_\_\_\_\_.

6a. \_\_\_\_\_ ?

6b. \_\_\_\_\_, \_\_\_\_\_.