



# Watch the video



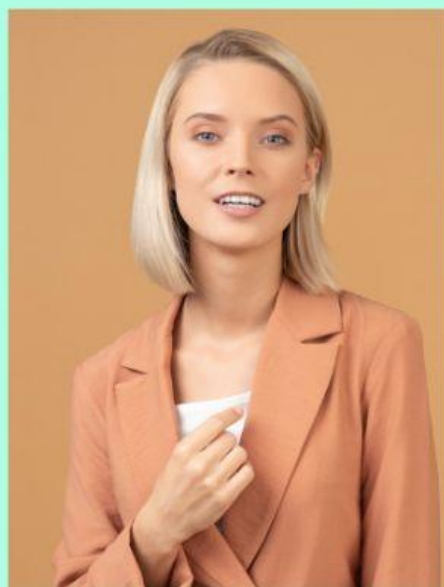
*Complete the sentences using the present perfect form of the verb given. (use the video for information).*



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. \_\_\_\_\_.