

For each question, write the correct answer. Write ONE word for each gap.

Getting healthier

I have quite a healthy life these days, but I wasn't always so good! A few months (1), I realised that I needed to change my habits. I (2) spending too much time online and not eating well. I decided to do something (3) it.

The first thing I changed was my diet. My parents have always provided me with healthy meals, but I often ate unhealthy snacks like crisps and sweets in (4) meals. I stopped doing this and immediately lost some weight. Then I started to do more exercise. (5) of sitting at my laptop all evening, I went out for a short run. I ran a little further each week and feel so much better now! I also realised that I wasn't getting (6) sleep

because of staying up late surfing the internet. I've also decided to limit my time online. All this goes to show – anyone can change!



Complete the short conversations using the correct auxiliary verb.

1. A: When you start going running regularly?
B: About two years ago.
2. A: What these machines used for?
B: They measure how fast your heart is beating.
3. A: How often Helen go swimming these days?
B: Three or four times a week.
4. A: How long you had that bike?
B: About three months.
5. A: Where football first played?
B: Some people think it was in the UK, others think it was in China.
6. A: When you usually have lunch?
B: At about 1 o'clock.
7. A: Unfortunately, two players injured during the match.
B: Oh no!
8. A: Keith lost a lot of weight recently.
B: Yes, about 10kg.