

Watch the video



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

	Martinunhappy recently. He	
	(be)	(not / go)
4 3 6	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 pressu	
	a for or weight, and his blood pressu	
		(go)
	up too.	
	Elizato get in shape lately. She	
	(start)	(lose)
	weight recently. Her blood pressure	
	weight recently. Her blood pressure	(go)
	Shejunk food and	(gu)
	(give up)	(exercise)
	day for three months.	
	I weight recently, so I decided to change my	
	(gain)	1.6
	diet and get in shape. Ijun	K 100a, ana 1
	(give up)	
	any unhealthy food recently. I	
	(not/eat)	(start)
	to eat more fruits and vegetables. I	
	(gc	
	gym four times this week already. I	weight
		se)
	and I tired in a long time.	
	(not feel)	4b

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



1a. _____?
1b. _____.

Oksana / lose weight



Jon/give up junk food



3a. _____?

Tessa / sleep much



4a. ______?

Martin/start exercising



5a. _____?
5b. _____.

Dolores / take vitamins



6a. ______?

Tye and Lea / eat healthy