

## Start/Stop with Verb-ing

1. When I \_\_\_\_\_ (start/exercise) regularly, I felt more energetic.
2. After she \_\_\_\_\_ (stop/eat) junk food, she lost weight.
3. When we \_\_\_\_\_ (start/save) money, we could afford a vacation.
4. As he \_\_\_\_\_ (stop/smoke), his health improved.
5. After they \_\_\_\_\_ (start/recycle), their household waste reduced.
6. When my brother \_\_\_\_\_ (stop/play) video games late at night, he slept better.
7. As I \_\_\_\_\_ (start/wake) up early, I had more time for breakfast.
8. When they \_\_\_\_\_ (stop/drive) to work and took the bus instead, they saved money on gas.
9. After my friend \_\_\_\_\_ (start/read) books daily, his vocabulary improved.
10. When my parents \_\_\_\_\_ (stop/work) overtime, they had more family time.
11. After she \_\_\_\_\_ (start/meditate), she felt less stressed.
12. As we \_\_\_\_\_ (stop/use) plastic bags, we helped reduce pollution.
13. When I \_\_\_\_\_ (start/cook) at home, I ate healthier meals.
14. After he \_\_\_\_\_ (stop/spend) money on unnecessary things, he managed his budget better.
15. As she \_\_\_\_\_ (start/practice) speaking English daily, she became more confident.