Exercise 1: Choose the correct answer

1. My grandfather _____ (exercise / has exercised) every morning for ten years.
2. She _____ (started / has started) eating more vegetables last month.
3. They _____ (visited / have visited) a health center yesterday.
4. I _____ (never tried / never tried) yoga before.
5. He _____ (stopped / has stopped) smoking two years ago.
6. We _____ (learned / have learned) many healthy habits so far.
7. My father _____ (joined / has joined) a swimming club recently.
8. She _____ (slept / has slept) for eight hours every night since she was a teenager.
9. They _____ (went / have gone) jogging in the park last Sunday.
10. Scientists _____ (discovered / have discovered) new ways to improve health recently.

LIVEWORKSHEETS

Exercise 2: Find and correct the mistakes

1. I have started exercising yesterday.

   → _____

2. She lived a healthy life since she was young.

   → _____

3. We have visited the gym last Friday.

   → _____

4. My father has stopped smoking in 2022.

   → _____

5. They ate healthy food for many years.

   → _____

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