



Watch the video



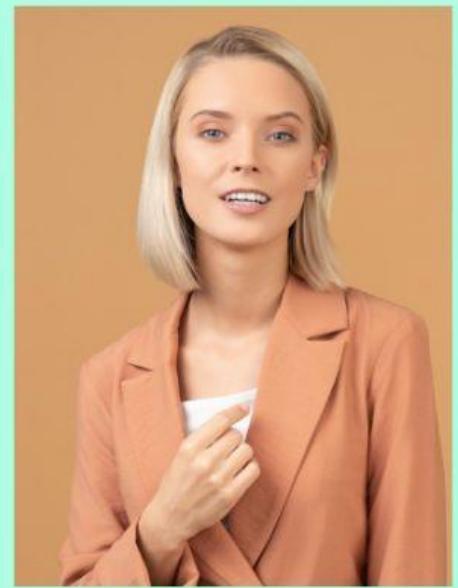
Complete the sentences using the present perfect form of the verb given. (use the video for information).



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).



Oksana / lose weight



Jon / give up junk food



Tessa / sleep much



Martin / start exercising



Dolores / take vitamins



Tye and Lea / eat healthy

EXAMPLE **Omar / see a doctor**

Has Omar seen a doctor recently?

Yes, he has.

No, he hasn't

1a. _____ ?

1b. _____, _____.

2a. _____ ?

2b. _____, _____.

3a. _____ ?

3b. _____, _____.

4a. _____ ?

4b. _____, _____.

5a. _____ ?

5b. _____, _____.

6a. _____ ?

6b. _____, _____.

4b