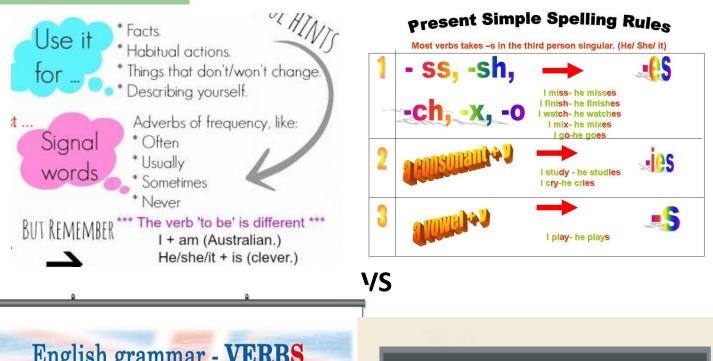
Simple Present Tense

Affirmative	Interrogative	Negative		
l work	Do I work?	I don't work		
You work	Do you work?	You don't work		
He works	Does he work?	He doesn't work		
She works	Does she work?	She doesn't work		
It Works	Does it Work?	It doesn't work		
We work	Do we work?	We don't work		
You work	Do you work?	You don't work		
They work	Do they work?	They don't work		



play - playing

Can you find another

grammar rule with the same spelling rules ?

Thought Co.

lie - lying die - dying

Are you walking?

English grammar - VERBS to be + ing (PRESENT CONTINUOUS) Positive Negative Spelling guide for forming Question gerund (present participle) Am I walking? go - going I am walking. I am not walking. do - doing I'm walking. m not v You are walking. You are not walking. Are you walking? live - living have - having You're walking. He is not walking. He is walking. Is he walking? sleep - sleeping slip - slipping He's walking. He isn't wa Is she walking? She is not walking. heat - heating She is walking. stop - stopping She's walking. She isn't wal Is it walking? run - running It is walking. It is not walking. It's walking. lend - lending It isn't walking We are walking. Are we walking? We are not walking. cry - crying

They are not walking. Are they walking?

We aren't walk

You aren't walk

They aren't walkin

You are not walking.

60

We're walking.

You're walking.

They're walking.

You are walking.

They are walking.



HEALTHY AND UNHEALTHY LIFESTYLES

Complete the sentences using Simple Present or Present Continuous of the verbs in parentheses.

1. John sometimes	(go) to the nightclub because he	(like) dancing very much.			
2. We	(take) a break.				
3. The girls	The girls (play) basketball every Saturday. They				
4. I often	(eat) a lot of fast food, but now I	(cut) down on junk food.			
5. Tracy	(listen) to her favorite band	d. I can hear the loud music.			
6 you	(exercise) enough at the moment?				
7. My father usually	(work) in the office, but today he	(work) at home.			
8. The boys	(not train) in the stadium, they always	(train) in the park.			
9. My brother never	(do) exercise, he	(not like) physical activities very much.			
10. she usua	ally (smoke)? Yes, but she	(give up) smoking now.			
11. My friends	(spend) too much time on their ce	Il phones these days.			
12. Jane usually	(play) sports, but now she	(not get) any exercise.			
13. The children	(run) in the middle of the s	treet. I can see them from the window.			
14. What y	you (do) to stay healthy nowa	days?			
15. Stan and I	(meet) our friends	at football practice twice a week.			
16. He always	(eat) healthy food for lunch.				
17. Brian	(watch) television every ev	vening.			
18. We usually	(do) exercise together.				
19. Tom and Mark	(not want) to go to	the gym. They say it's boring.			
20. Pe	eter usually (take) regular brea	iks at work?			
21. My classmates	(try) to lose weight before grad	luation.			
22. Brenda	(walk) to school these days?				
23. Jill (n	ot work out) right now, but she (eat) p	lenty of fruits and vegetables most days.			
24. you	(sit) for long periods of time at wo	rk this month?			
25. Don't make a noise	! Your dad	(sleep) right now.			

Present Simple or Continuous? Choose the correct alternative(s) in the sentences

Today she 's spending / spends too much time on the computer.

They usually are going / go to the gym on Sundays.

We 're having / have a barbecue this week. Do you want to come?

She 's not getting / gets enough exercise these days. She 's not having / doesn't have enough free time.

I always am having / have coffee before work in the morning.

They sometimes are driving / drive everywhere, but now they 're riding / ride their bikes.

Look! Liz is losing / loses so much weight these days.

He 's bringing / brings a healthy lunch to work every day.

Put the verbs into the correct tense (present simple or present continuous)

Harold Taylor is an athlete. He miles. He (work	(run) (out) a lot this we		iles a day, but to		(run) 8 competition.
	healthy and balan				too much
coffee and he never	(drink) alcohol.	Harold's always	very busy, but h	ne	(sleep)
8 hours regularly. However, he	(9)	o) to bed late the	hese days, so he		(get)
enough sleep. He	(relax) for two ho	s	(get)		
stressed. He always	(try) to stay health	eat go	(get) in be	etter shape n	ow.
It's 8.30! At the moment, Hasan		to school. He a	lways	to	school
to get some exercise. It's 10:30!	Right now, Hasan		a sandwich. He		а
sandwich every day. Sometimes Now it's 12.00! It's a PE lesson.			/	football or I	nandball,
but at the moment they	basket	ball.			