



So Many Well-Being Alternatives Available Today – Tense Practice Worksheet B1

Complete the sentences with the correct form of the verb in brackets.

1. Wellness choices

People today _____ (explore) many different approaches to well-being. Right now, I _____ (try) a new breathing technique. When I _____ (live) in Canada, I _____ (visit) a wellness centre every month while my friends _____ (experiment) with herbal treatments.

2. Alternative therapies

Many people _____ (use) acupuncture or reflexology to improve their health. At present, my neighbour _____ (book) her first aromatherapy session. Last year, I _____ (consult) a naturopath who _____ (recommend) meditation while my colleague _____ (recover) from stress at home.

3. Diet trends

These days, families _____ (adopt) plant-based or low-sugar diets. This week, I _____ (prepare) homemade probiotic drinks. When I _____ (work) in a café, I often _____ (make) green smoothies while customers _____ (chat) about new food trends.

4. Spa culture

Spas _____ (offer) packages that combine relaxation with fitness. At the moment, my sister _____ (enjoy) a hot stone massage. Two years ago, I _____ (spend) a weekend at a spa while my partner _____ (attend) a mindfulness workshop nearby.

5. Outdoor activities

More people _____ (choose) to exercise outdoors rather than in gyms. Right now, I _____ (walk) barefoot on the beach for grounding. When I _____ (live) in the city, I _____ (join) outdoor yoga classes while traffic _____ (roar) in the background.

6. Sleep rituals

Experts _____ (recommend) relaxing routines before bedtime. At present, I _____ (listen) to soft music before sleeping. When I _____ (share) a flat with friends, I often _____ (read) late at night while they _____ (watch) movies in the living room.

7. Technology and well-being

Some people _____ (track) their sleep and fitness with smart devices. My colleague _____ (test) a new wellness app right now. When I _____ (travel) through Asia, I _____ (keep) a wellness journal while my friends _____ (post) daily photos online.

8. Group classes

Gyms and studios _____ (offer) dance, meditation, and stretching classes. This month, I _____ (learn) Tai Chi in the park. When I _____ (attend) Zumba lessons, I _____ (meet) new friends while the instructor _____ (encourage) us to keep moving.

9. Mind-body connection

Well-being programs often _____ (focus) on the link between mental and physical health. Right now, my friend _____ (participate) in a mind-body retreat. When I _____ (feel) stressed at university, I _____ (practice) deep breathing while classmates _____ (discuss) exam results.

10. Well-being at work

Companies _____ (invest) in employee wellness programs. My manager _____ (attend) a leadership and mindfulness course this week. When I _____ (start) my first job, I

_____ (take) part in a stress management seminar while other teams _____ (work) on a charity event.

BONUS – Present Perfect Challenge

11. Trying new methods

I _____ (experiment) with many alternative therapies over the last few years, and I _____ (discover) which ones suit me best.

12. Lifestyle upgrades

We _____ (change) our daily habits recently, but we still _____ (not/see) the full results.



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