

Read the text and think of the word which best fits each gap.

SWIMMING



Swimming is generally considered to be (1) _____ of the best ways of exercising the whole body (2) _____ risk of injury. According (3) _____ health experts, (4) _____ can also ease back pain (5) _____ even reduce blood pressure. There (6) _____ only one problem: to enjoy (7) _____ the benefits of swimming, you have to (8) _____ it properly. (9) _____ you visited your local swimming pool and just watched, you might (10) _____ surprised to see (11) _____ badly many people swim. Poor technique may result (12) _____ a number of factors including anxiety, the swimmer's lack (13) _____ body awareness, or just a concern (14) _____ getting their hair wet. What is (15) _____, swimming techniques do (16) _____ always improve (17) _____ practice. (18) _____ the contrary, once people have fallen (19) _____ bad habits, they tend to be stuck with (20) _____.

But help is (21) _____ hand. For all those keen (22) _____ learn to swim properly, and so (23) _____ advantage of all the health benefits, there is now something known (24) _____ *The Shaw Method*, developed (25) _____ a former competitive swimmer, Steven Shaw. Shaw encourages people to think (26) _____ their swimming technique and to concentrate (27) _____ things like breathing correctly and (28) _____ sure that arm and leg movements work together (29) _____ than against each (30) _____.

Adapted from: *Cambridge First Certificate in English 1*