

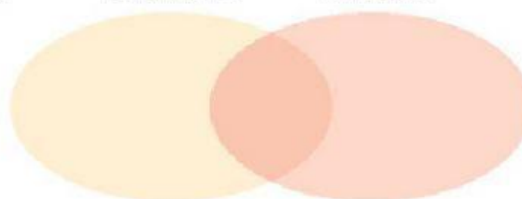
VIEWING

A ▶ **5.10** Watch Part 1 of the TED Talk. Circle **T** for true or **F** for false.

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|--|----------|----------|
| 1 As a teenager, Blaine matched Houdini's personal record for underwater breath-holding. | T | F |
| 2 Static apnea refers to how deep underwater people can go while holding their breath. | T | F |
| 3 Blaine learned how to remain still and slow his heart rate down underwater. | T | F |
| 4 Purging releases CO ₂ from the body. | T | F |

B ▶ **5.11** Watch Part 2 of the TED Talk. Complete the Venn diagram using the information below.

- | | | |
|---|--------------|------------|
| a has the ideal body type for holding his breath underwater | David Blaine | Tom Sietas |
| b is over six feet tall | | |
| c had to change his eating habits | | |
| d trained for a breath-holding challenge on a TV show | | |



C Choose the correct options.

- Why did Blaine change his eating habits?

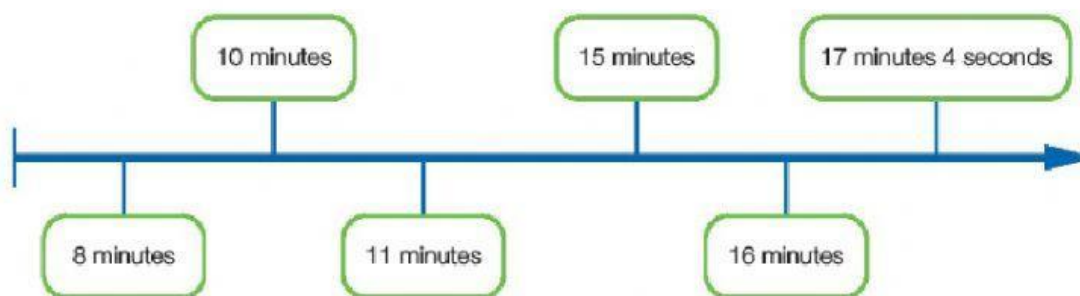
a to lose weight	b to gain muscle mass	c to train his mind
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- Why did Blaine swim with sharks?

a to be on TV	b to get used to the ocean	c to learn to relax even in scary situations
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- In what position was Blaine comfortable underwater?

a floating faceup	b floating facedown	c floating upright
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- What was Blaine extremely nervous about?

a being on live TV	b wearing a tight suit	c keeping his feet strapped in
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D ▶ **5.12** Watch Part 3 of the TED Talk. Complete the timeline with the descriptions (a–f) of Blaine's challenge.



- His legs and lips felt very strange.
- He felt certain he wouldn't be able to complete the challenge.
- He pulled his feet out of the straps.
- He started to get strange feelings in his fingers and toes.
- He set a new world record.
- He experienced an irregular heartbeat.