



Name: Class: Date:

SWIMMING

Swimming is generally considered to be **(0) one** of the best ways of exercising the whole body without risk of injury. According to health experts, it can also ease back pain and even reduce blood pressure. There is only one problem: to enjoy all the benefits of swimming, you **(13)** to do it properly. **(14)** you visited your local swimming pool and just watched, you might be surprised to see **(15)** badly many people swim. Poor technique may result from a number of factors including anxiety, the swimmer's lack **(16)** body awareness, or just a concern about **(17)** their hair wet. What's **(18)**, swimming techniques do not always improve with practice. **(19)** the contrary, once people have fallen **(20)** bad habits, they tend to be stuck with them.

But help is at hand. For all those keen to learn to swim properly, and so **(21)** advantage of all the health benefits, there is now something known as the Shaw Method, developed by a former competitive swimmer, Steven Shaw. Shaw encourages people to think about their swimming technique and to concentrate on things **(22)** breathing correctly and making **(23)** that arm and leg movements work together **(24)** than against each other.