

Read the text and for the questions below choose the best answer.

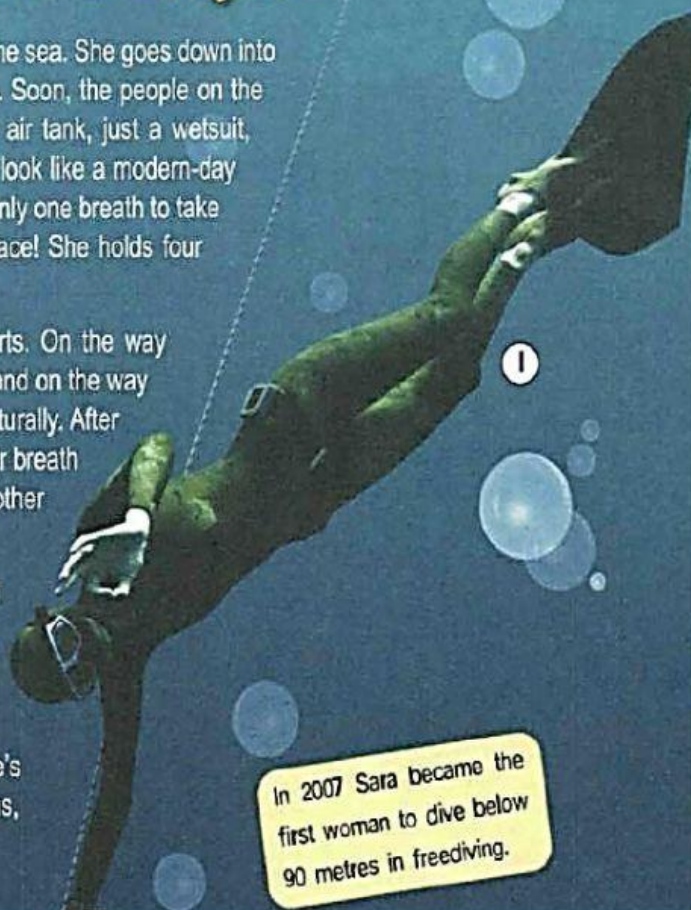
# Take a Deep Breath!

Sara Campbell takes a final **deep** breath and dives into the sea. She goes down into the blue water and carries on going down ... and down. Soon, the people on the surface can't see her any more. She doesn't have an air tank, just a wetsuit, goggles and a monofin – a large flipper that makes her look like a modern-day mermaid. Sara is a world champion freediver and uses only one breath to take her as deep as she can go and back again to the surface! She holds four world records and a world championship gold medal.

Freediving is one of the world's most **dangerous** sports. On the way down, a freediver's lungs **shrink** to the size of a lemon and on the way back they double in size. But to Sara, all this comes naturally. After years of practising yoga and meditation, she can hold her breath for over five minutes and her lungs are 22% larger than other women her size.

Sara feels completely comfortable underwater. "I just jump in and feel **terrific**. There are no distractions. Dogs aren't barking, phones aren't ringing, and nobody is making noise next door. It's totally silent."

Sara has a **busy** life and loves every minute of it. She's presenting a TV show, planning environmental campaigns, and training to set a **new** world record!



1. Which of the following equipment does Sara use?

1. a monofin      2. a phone      3. two flippers      4. an air tank

2. What happens to a freediver's lungs as they swim down?

1. They become twice as big.      3. They don't change at all.  
2. They get 22% larger.      4. They get a lot smaller.

3. Why can Sara hold her breath for so long?

1. She has small lungs.  
2. She meditates before she dives.  
3. She is taller and stronger than other women.  
4. Other activities she does help her.

4. What does Sara particularly enjoy when she's diving?

1. The excitement of trying to break a record.  
2. The thrill of doing something dangerous.  
3. The peace and quiet.  
4. The sounds underwater.

**2. Use the suitable words from the box in the correct form to complete the sentences.**

final, deep breath, dive, carry on, surface, hold a record, air tank, wetsuit, goggles, monofin, flipper, mermaid, champion, lungs, shrink, double in size, come naturally, meditation, hold her breath, distraction, bark, totally silent, environmental campaign

1. Freedivers' lungs \_\_\_\_\_ as they swim down
2. She \_\_\_\_\_ as she dove into the cold water.
3. It's \_\_\_\_\_ underwater. There's no noise at all.
4. Divers usually wear a(n) \_\_\_\_\_ so that they can breathe at the bottom of the sea.
5. Nobody is better than her at freediving. She's the world \_\_\_\_\_.
6. Her \_\_\_\_\_ keep the water out of her eyes when she dives.

**3. Match the words in bold with their opposites below.**

**terrific**   **deep**   **shrink**   **busy**   **dangerous**   **new**

old / \_\_\_\_\_  
expand / \_\_\_\_\_  
awful / \_\_\_\_\_  
quiet / \_\_\_\_\_  
shallow / \_\_\_\_\_  
safe / \_\_\_\_\_

