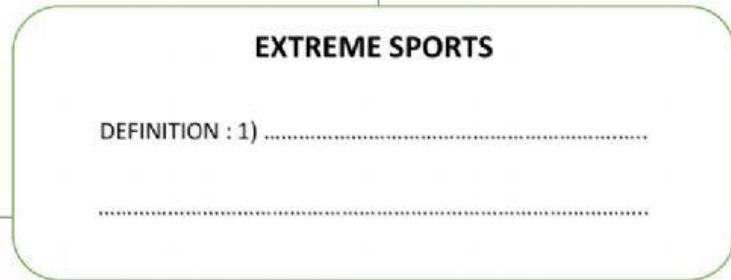


CHARACTERISTICS OF EXTREME SPORTS	EXAMPLES OF EXTREME SPORTS
2) .....	5) .....
3) .....	6) .....
4) .....	7) .....
	
<b>ADVANTAGES OF EXTREME SPORTS</b>	<b>THINGS TO CONSIDER WHEN DOING THE EXTREME SPORTS</b>
8) .....	11) .....
9) .....	12) .....
10) .....	13) .....



Rock climbing	A high level of physical exertion
Know the rules of the activities	Watch out of others
Mountain biking	Tend to be more solitary
High degree of risk	A great way of having fun
Extremely fit	Can be character building
Sports activities with a high level of inherent danger	Scuba-diving
Wear suitable protective clothing	