

5 _____, there are also some important disadvantages. 6 _____ they make you feel good, risky sports can be extremely dangerous. The possibility of getting seriously injured while performing these activities is quite high, and some adventure sports, 7 _____ skydiving or cliff jumping can even have fatal consequences. 8 _____ these risks, you need to be extremely fit to practise these sports during a holiday, which means that they are not for everyone. 9 _____, they are likely to be expensive because they require a lot of equipment, safety measures, and well-trained and qualified instructors.

Every year, more and more people are tempted by the idea of going on an adventure sports holiday, especially during the summer months.

10 _____, adventure sports holidays have both advantages and disadvantages. Whether they suit you or not depends on your level of fitness, your personality, and how much you can afford.

Spending your holiday being active and enjoying the outdoors has a lot of advantages. 1 The main advantage is that adventure sports, like many other physical activities, offer health benefits. 2 _____, when you practise extreme sports your brain releases endorphins because of the adrenalin rush and that makes you feel happy. 3 _____ is the self-confidence that you gain from doing these activities. 4 _____, the lessons learnt from facing the difficulties and the risks of these extreme sports may be very valuable in everyday life.

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