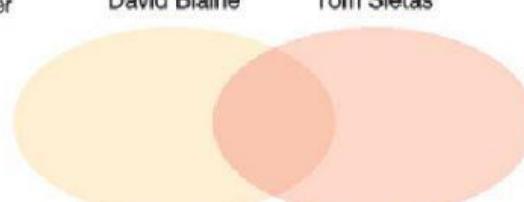


VIEWING

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

- | | | |
|--|----------|----------|
| 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 |

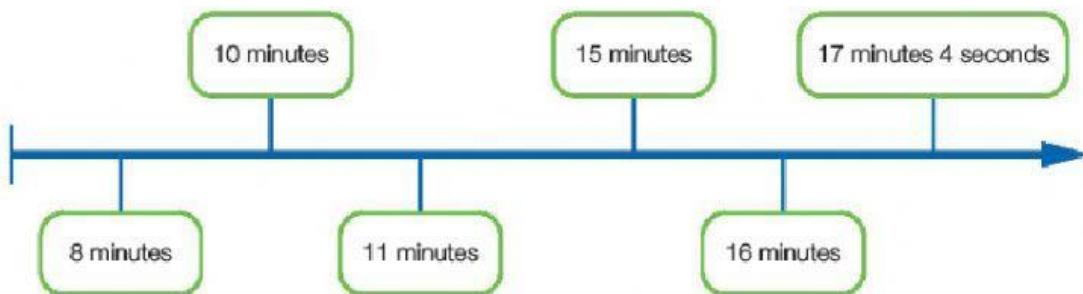
B  **5.11** Watch Part 2 of the TED Talk. Complete the Venn diagram using the information below.

- | | | |
|--|--------------|------------|
| 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.

- 1 Why did Blaine change his eating habits?
a to lose weight **b** to gain muscle mass **c** to train his mind
- 2 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
- 3 In what position was Blaine comfortable underwater?
a floating faceup **b** floating facedown **c** floating upright
- 4 What was Blaine extremely nervous about?
a being on live TV **b** wearing a tight suit **c** keeping his feet strapped in

D  **5.12** Watch Part 3 of the TED Talk. Complete the timeline with the descriptions (a-f) of Blaine's challenge.



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