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## READING

## An interview with Shawn Johnson

How often do you think professional athletes practice?



Get a sneak peek inside the life of this U.S. gold medal-winning Olympic gymnast!



## Where are you from?

Des Moines, Iowa. I live there now.

## Who do you train with?

A lot of people think I have a private coach. But I train with 13 other girls at the gym!

## How often do you practice?

Most athletes train about 45 hours a week. But my parents want me to have a "normal life." I train about 25 hours a week. I usually work out four hours a day during the week, and five to six hours on Saturdays. I don't practice on Sundays.

## What do you eat to stay healthy?

I have to watch my diet to be a healthy gymnast. But I don't get stressed about it.

## What are your favorite foods?

Chicken and steak kebabs, peaches and cream, and corn on the cob.

## What do you do when you're not training?

I love to ride horses and spend time with my friends.

## What do you do for good luck?

I always travel with my blankets. But I don't believe in good-luck charms!

## Who are your biggest fans?

My mom, dad, and of course my coach!

**A** Read the interview. Then check (✓) the correct answers to the questions.

- Who does Shawn train with?  
a.  just her coach      b.  other gymnasts
- How often does she practice?  
a.  25 hours a week      b.  45 hours a week
- How much does she train on Saturdays?  
a.  four hours      b.  five to six hours
- What does she like to do in her free time?  
a.  eat in restaurants      b.  ride horses and be with friends
- What does she travel with?  
a.  a good-luck charm      b.  her blankets

**B GROUP WORK** Do you think athletes have an easy life? Is playing a sport fun, or hard work? Discuss your reasons with your classmates.