



Name: Class: Date:

SWIMMING

Swimming is generally considered to be **(0) one** of the best ways of exercising the whole body without risk of injury. According to health experts, it can also ease back pain and even reduce blood pressure. There is only one problem: to enjoy all the benefits of swimming, you **(13)**_____ to do it properly. **(14)**_____ you visited your local swimming pool and just watched, you might be surprised to see **(15)**_____ badly many people swim. Poor technique may result from a number of factors including anxiety, the swimmer's lack **(16)**_____ body awareness, or just a concern about **(17)**_____ their hair wet. What's **(18)**_____, swimming techniques do not always improve with practice. **(19)**_____ the contrary, once people have fallen **(20)**_____ bad habits, they tend to be stuck with them.

But help is at hand. For all those keen to learn to swim properly, and so **(21)**_____ advantage of all the health benefits, there is now something known as the Shaw Method, developed by a former competitive swimmer, Steven Shaw. Shaw encourages people to think about their swimming technique and to concentrate on things **(22)**_____ breathing correctly and making **(23)**_____ that arm and leg movements work together **(24)**_____ than against each other.