

levels of fitness, as it doesn't place any (b) _____ on the joints. It's simple to arrange, it's not expensive and the only equipment you need is a(n) (c) _____ or a pair of swimming (d) _____.

The best places for swimming are (e) _____ public pools, although the high levels of chlorine used can be unpleasant. If your eyes are (f) _____ to chlorine, wearing goggles is recommended. Swimming in lakes, rivers or the sea can be thrilling but is also (g) _____. You should always obey red flag (h) _____ and be aware of tides and currents that can drag you out to (i) _____. Never dive in (j) _____ water, as this can lead to serious injury.

As your swimming skills increase, you can think about taking (k) _____ certificates which will prepare you for any (l) _____ in water.



2 Developing your writing style

Read this student's description of hiking. Circle or underline the correct word or phrase from each pair in *italics*.

I love *being* / *to be* in the fresh air, and I have belonged to a hiking club *from* / *since* I was 14. I particularly enjoy *exploring* / *to explore* little-known areas of countryside *where* / *which* nature still seems to be *definitely* / *completely* wild and untouched. I've learnt a lot about wildlife and have succeeded in *identifying* / *to identify* many rare birds and delicate wild flowers. I usually take a camera so that I can *capture* / *to capture* these moments, and I get great pleasure *from looking* / *to look* at the pictures afterwards. Spotting a fox coming out of its den is *a* / *one* particular thrill. Walking home in the evenings when the stars look *like* / *as though* jewels in the night sky is wonderful too. Hiking is great for people *they* / *who* need a relaxing but also *bodily* / *physically* challenging outdoor activity *it* / *which* provides exercise without pressure or competition.