

Read the text and think of the word which best fits each gap.

## SWIMMING



Swimming is generally considered to be (1) \_\_\_\_\_ of the best ways of exercising the whole body (2) \_\_\_\_\_ risk of injury. According (3) \_\_\_\_\_ health experts, (4) \_\_\_\_\_ can also ease back pain (5) \_\_\_\_\_ even reduce blood pressure. There (6) \_\_\_\_\_ only one problem: to enjoy (7) \_\_\_\_\_ the benefits of swimming, you have to (8) \_\_\_\_\_ it properly. (9) \_\_\_\_\_ you visited your local swimming pool and just watched, you might (10) \_\_\_\_\_ surprised to see (11) \_\_\_\_\_ badly many people swim. Poor technique may result (12) \_\_\_\_\_ a number of factors including anxiety, the swimmer's lack (13) \_\_\_\_\_ body awareness, or just a concern (14) \_\_\_\_\_ getting their hair wet. What is (15) \_\_\_\_\_, swimming techniques do (16) \_\_\_\_\_ always improve (17) \_\_\_\_\_ practice. (18) \_\_\_\_\_ the contrary, once people have fallen (19) \_\_\_\_\_ bad habits, they tend to be stuck with (20) \_\_\_\_\_.

But help is (21) \_\_\_\_\_ hand. For all those keen (22) \_\_\_\_\_ learn to swim properly, and so (23) \_\_\_\_\_ advantage of all the health benefits, there is now something known (24) \_\_\_\_\_ *The Shaw Method*, developed (25) \_\_\_\_\_ a former competitive swimmer, Steven Shaw. Shaw encourages people to think (26) \_\_\_\_\_ their swimming technique and to concentrate (27) \_\_\_\_\_ things like breathing correctly and (28) \_\_\_\_\_ sure that arm and leg movements work together (29) \_\_\_\_\_ than against each (30) \_\_\_\_\_.

Adapted from: Cambridge First Certificate in English 1