Mark Zupan

When he was eighteen years old, a terrible accident made Mark Zupan a quadriplegic and changed his life forever. At first, he could hardly move his arms or legs normally. However, after a lot of hard work, he was able to use his arms to move his wheelchair, and he could even stand for a short time and take a few slow steps. Zupan—or Zup to his friends—became a quad rugby champion, helping his team win a gold medal in the Paralympic Games. "I dream about running all the time," he says, "but you can't live in the past."

Today, Zupan frequently gives talks and raises money for his sport and appears in movies and TV shows. Anyone who spends time with him forgets that he's in a wheelchair. He lifts weights at the gym every day, drives a car, and goes to rock concerts. "A lot of people think quadriplegics can't do anything," he says. To stay in shape, Zupan is careful about his diet and avoids unhealthy and fatty foods. "Just think of me as a human being and an athlete. Because that's who I am."

INFER INFORMATION Complete the paragraph about Mark Zupan. Use can, can't, or has to.

Zupan .....(1)..... spend most of his time in a wheelchair, but he .....(2)..... stand up and take a few steps for a short time. He .....(3)..... go walking or running, but he .....(4)..... play quad rugby. He .....(5)..... be careful about his diet so he doesn't get out of shape. He doesn't have complete use of his hands, but he .....(6)..... lift weights. He .....(7)..... drive a car using his feet, but he .....(8)..... use his hands. A lot of people think quadriplegics .....(9)..... do anything, but Zupan proves that they .....(10)..... .

LIVEWORKSHEETS

Bethany Hamilton

At the age of thirteen, surfer Bethany Hamilton had a dream. She wanted to be a champion in her sport. But she lost her left arm when she was attacked by a shark. A month later, she was surfing again.

Today, she's a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she's surfing.

Today, she's a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she's surfing.

Hamilton often appears on TV. She wants to help other people follow their dreams, even when they face great difficulties. "People can do whatever they want if they just set their hearts to it, and just never give up."

In 2011, Hollywood made a movie about her experience. Bethany has a happy life and got married in 2013.

SUMMARIZE First, complete the paragraph about Bethany Hamilton. Use the simple present tense or the present continuous. Then write a similar paragraph, summarizing Mark Zupan's routines.

When she surfs, Hamilton ..... (1 use) her legs to help her go in the right direction.

She ..... (2 have) a prosthetic arm, but she hardly ever ..... (3 wear) it.

She ..... (4 compete) regularly with the world's top professional women surfers.

In the photo on page 70, she ..... (5 compete) against other surfers with two arms.

She ..... (6 wear) a T-shirt and ..... (7 stand) on her surfboard. Hamilton ..... (8 want) to help other people with difficult experiences follow their dreams.

LIVEWORKSHEETS