READING

The amazing health benefits of snowboarding



1 You are going to read an article about the benefits of snowboarding. Read the article quickly and tick (✓) the best title.

1 How to stay healthy in your teens ☐
2 Snowboarding has great benefits for teens ☐
3 Snowboarding help teens stay out of trouble ☐

Snowboarding is an exciting outdoor activity and is becoming very popular among teenagers. Here, we find out how it can help you to become more healthy and enjoy life more.

Taking chances is a great way to help you to have confidence in yourself – even if you don't get it right the first time. That's why snowboarding is a fantastic way to learn and develop a new interest. I met Kathy Champion, 15, on Mont Blanc, where she explained why snowboarding is a great benefit for teens.

Kathy started snowboarding at a young age. At only nine years old, she was snowboarding with her dad in Scotland and she continues to love it to this day. **(1)** _____ 'Being in the mountains for hours every day made me feel so healthy and alive,' she says. It helped her to understand how her body works because she learned techniques to help her to ride the snowboard properly. **(2)** _____ 'Snowboarding taught me to believe in myself, even when I was worried about hurting myself.' Did she get hurt? 'Yes, once or twice, nothing serious,' she says. **(3)** _____ It made me want to succeed even more and get to the bottom of the mountain!'

(4) _____ 'It keeps you very fit, very positive, but it also helps you to make new friends,' she says. Kathy believes that doing an extreme sport also introduces you to a new and positive community. 'To do extreme sports you need to have support from people who understand what you're doing and are there to help you improve.' And she thinks the feel-good part of snowboarding can also help teenagers keep out of trouble. 'Some people I know from school laugh at me when I tell them how great I feel after snowboarding. **(5)** _____ So, what is Kathy's advice? 'Get a snowboard, get healthy – and enjoy life!'

2 **Five sentences have been removed from the article. Choose from sentences A–H the one which fills each gap (1–5). There are three extra sentences which you do not need to use.**

A But it didn't make me stop.
B And she believes that every teen needs to experience the health benefits of going snowboarding.
C Kathy believes that doing an extreme sport also introduces you to a new and positive community.
D She knew she was going to love snowboarding for a long time.
E She already understood how to ride a snowboard.
F It also made her feel that she could do something very well.
G They think that hanging out on the street and doing stupid things is fun – I don't see how!
H She feels teenagers think it is too dangerous to try snowboarding.

3 **Match the highlighted words in the text to their meanings.**

1 achieve something you want to do
2 something someone tells you to help you
3 ways of doing something well
4 feel pain because of an accident
5 an advantage from doing something

4 **Complete the sentences with the highlighted words from the text.**

1 You have to work very hard to _____.
2 I never fall off my bike and _____.
3 The _____ of doing a new sport is that you learn new skills.
4 I surf every day and have learned the best _____.
5 My _____ to you is – start snowboarding now!

LIVEWORKSHEETS