

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 of *completing / to complete*.



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