



The fear and (7)we feel when we do extreme sports comes from an area of the brain known as the amygdala. It releases hormones that increase the heart rate to (8) the body for flight or fight – our survival instinct. One of these hormones is a feel-good chemical, dopamine, which (9) us feelings of pleasure and reward.

Extreme sports can be dangerous, but if you follow (10) precautions and use equipment correctly, the injury rate is surprisingly low. Unlike most traditional sports, extreme sports are less (11) and more about overcoming personal challenges. However, they can become dangerous when people (12) greater risks to feel that rush. Could you get hooked on an extreme sport?

B. Read the first two paragraphs again and complete the sentences. Write one word in each gap (1-6).



To find the answer, look at the words before and after each gap. Guess what kind of word is needed to complete the sentence. For example, do we need a noun, a verb, an article or a preposition?

C. Read the last two paragraphs again and choose the correct words for the gaps 7-12.

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| 7. a. shock | b. worry | c. excitement | d. love |
| 8. a. exercise | b. prepare | c. allow | d. move |
| 9. a. creates | b. controls | c. lets | d. gives |
| 10. a. safety | b. security | c. logic | d. health |
| 11. a. demanding | b. risky | c. competitive | d. difficult |
| 12. a. make | b. take | c. receive | d. assume |

