

B Swimming

I love swimming – your stories



I **look forward to** the evenings when I can go down to the river and have a swim. It's really helped me **get into shape**.



I adore swimming – it just **comes naturally to** me. I **took it up** seriously after my accident and it's **done me** a lot of **good**.



Swimming **didn't come easy to** me; I had to **work at** it. But it's just a **question of** practice, and **little by little** I'm getting better, which is great.



Last year I decided to **go in for** a two-kilometre charity swim. It was great exercise and it helped to know it **was for a good cause**.

Glossary

look forward to (doing) sth

be thinking with pleasure about sth that is going to happen, or sth that you are going to do.

not come easy/easily (to sb)

be difficult for sb to do.

work at sth

make an effort over a period of time to do sth well.

be a question of (doing) sth

If sth **is a question of** practice, luck, etc., that is all you need for it to happen.

little by little

SYN **be a matter of (doing) sth**.

come naturally (to sb/sth)

slowly, gradually. SYN **bit by bit**.

take sth up

be natural and easy for sb to do.

do sb good

start or learn to do sth, especially for pleasure.

go in for sth

have a helpful or useful effect on sb.

be for/in a good cause

take part in a competition or take an exam.

be a good thing to do because it helps others.

spotlight shape

If you **get into shape**, you become physically fitter as a result of taking exercise and eating healthy food.
If you are **in good shape**, you are physically fit; if you are **out of shape** you are not fit.

3 Circle the correct answer.

- If you do something in a good cause, it means it will help you | other people.
- If something doesn't come easily, it means *it's hard to learn* | *you can't find it*.
- If you plan to get into shape, it means that at the moment you're *in shape* | *out of shape*.
- If you do something bit by bit, it means you do it *less and less* | *little by little*.
- If you go in for a race, it means you *enter the race* | *win the race*.
- If you take up a sport, it means you *enjoy it* | *start doing it*.

4 Complete the texts.

My sister's an amazing tango dancer. She (1) it up when she was very young, and at first it didn't (2) bit she became more confident, and now she's the easy to her. However, bit (3) a national competition next month, and I'm really