

The Swimmer

Watch a video about a man who has been swimming daily for years.
Finish the sentences..

1. He feels like a man in his _____s.
2. Walter is actually _____ years old.
3. He's been swimming since _____.
4. He likes to swim with the _____.
5. Swimming is a form of _____.
6. If he feels a little depressed, he _____.
7. The water is always _____.
8. He thinks he's going to _____.

Discuss:

- A. Why is swimming good for the elderly?
- B. What are some other good forms of exercise for the elderly?
- C. Do you know anyone who has done a hobby or sport for many years?
- D. What will you do for _____ body and mental health when you get older?



The Swimmer



Watch a video about a man who has been swimming daily for years.
Finish the sentences..

1. He feels like a man in his 40 s.
2. Walter is actually 90 years old.
3. He's been swimming since he was a young boy.
4. He likes to swim with the current.
5. Swimming is a form of meditation.
6. If he feels a little depressed, he goes for a swim.
7. The water is always changing.
8. He thinks he's going to live another 10 years.

Discuss:

- A. Why is swimming good for the elderly?
- B. What are some other good forms of exercise for the elderly?
- C. Do you know anyone who has done a hobby or sport for many years?
- D. What will you do for body and mental health when you get older?

