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دبیرستان دوره اول علامه حلی ۵

گروه زبان انگلیسی

HELLI۵ - Top Notch ۱B - Unit ۶- Reading

When You Think You Can't...

Mark Zupan

■ When he was eighteen years old, a terrible accident made Mark Zupan a quadriplegic and changed his life forever. At first, he could hardly move his arms or legs normally. However, after a lot of hard work, he was able to use his arms to move his wheelchair, and he could even stand for a short time and take a few slow steps. Zupan—or Zup to his friends—became a quad rugby champion, helping his team win a gold medal in the Paralympic Games. “I dream about running all the time,” he says, “but you can’t live in the past.”

Today, Zupan frequently gives talks and raises money for his sport and appears in movies and TV shows. Anyone who spends time with him forgets that he’s in a wheelchair. He lifts weights at the gym every day, drives a car, and goes to concerts. “A lot of people think quadriplegics can’t do anything,” he says. To stay in shape, Zupan is careful about his diet and avoids unhealthy and fatty foods. “Just think of me as a human being and an athlete. Because that’s who I am.”



Zupan became a quad rugby champion.



Hamilton was attacked by a tiger shark when she was thirteen.

Bethany Hamilton

■ At the age of thirteen, surfer Bethany Hamilton had a dream. She wanted to be a champion in her sport. But she lost her left arm when she was attacked by a shark. A month later, she was surfing again.

Today, she’s a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she’s surfing.

Hamilton often appears on TV. She wants to help other people follow their dreams, even when they face great difficulties. “People can do whatever they want if they just set their hearts to it, and just never give up.”

In 2011, Hollywood made a movie about her experience. Bethany has a happy life and got married in 2013.

1. What happened to Mark Zupan that changed his life?

2. What can he do now that he couldn't do before?

3. What sport does he play?

4. How does he stay in shape?

5. What sport does Bethany Hamilton do?

6. What happened to her that changed her life?

7. What does she want to do now?

8. When did she get married?

Read the letters to a health magazine advice column.

Dear In-Shape,

I have two health questions for you. I'm an athlete. I play baseball for my university team, and I go running every day. I exercise all the time. I think I'm in terrific shape, but I'm worried that I exercise too much. That's my first question—how much exercise is too much?

My second question is about my diet. I try to eat healthy. I hardly ever eat pizza, fast food, or other snacks. I never drink soft drinks. But I have one really bad habit: I have a sweet tooth! I eat too much chocolate, candy, cake, and ice cream. How can I cut down on sweets?

—Ron Miller



Dear In-Shape,

I need some exercise advice! I don't feel very healthy. I get tired just walking from my house to my car! My doctor said that I have to exercise more. I'm sure that she's right. I should get out of the house more often. My husband goes running every day, but I never go running with him. I'm a couch potato. My big activity is watching movies—I watch a movie just about every night. Unfortunately, you don't burn many calories watching TV!

By the way, the problem is not my diet. I generally try to eat foods that are good for me, like fish, vegetables, and fruit. I avoid snacks, and I almost never eat sweets!

—Nina Hunter



9. **Nina doesn't exercise regularly.**

True False No information

10. **3. Ron usually drinks a lot of water.**

True False No information

11. **1. Ron doesn't have time to exercise.**

True False No information

12. **Nina never eats fish.**

True False No information

13. **Ron generally avoids junk food.**

True False No information

14. **Nina doesn't eat healthy foods.**

True False No information