1. In your own words, explain why Rebecca's parents wanted her to learn to swim.

2. Why does Rebecca think that swimming is a sport that anyone can enjoy?

3. How much time does Rebecca usually spend training each week?

4. Write down two things that you think motivate Rebecca to spend so much time training.

5. Which of the following pieces of advice was not suggested by Rebecca as a way to help people stay motivated? Circle one.
   a. set targets
   b. go swimming regularly
   c. swim with people of different ages
   d. vary your training

6. Do you think Rebecca has a competitive personality? Explain your answer.

7. Do you think this interview would persuade people to do more swimming? Explain your answer.

Total out of 10