

Surfer – Connecting with the natural environment

Nathan surfs for health and fitness.



1 How do the sports and hobbies that you participate in help you to stay fit and healthy?

2 What makes you feel confident?

3 List the risks and benefits associated with surfing.

risks	benefits

4 How can taking these types of risks help you to overcome your fears?

5 How does Nathan use surfing to express himself and to overcome his problems?

6 What helps you to keep working at your skills and reaching your goals?

