

QUIZ

THE BENEFITS OF EXERCISING

Complete the text with the correct words.
Check by watching the video.

Physical exercise is good for our bodies and our (1.) *m* _____. Exercising has many health (2.) *b* _____. For example, when we work out our brains release a number of (3.) *c* _____ such as endorphins, which can lead to (4.) *f* _____ of euphoria – what is often called a runner's high. Consistent physical activity can improve your (5.) *m* ___ and memory. Going to a gym regularly is good, but (6.) *j* _____ a team and competing is even better, as there are (7.) *p* _____ as well as physical effects. Working on (8.) *s* _____ in training under a good coach will boost your self-esteem. Even learning through (9.) *f* _____ and coming to terms with (10.) *d* _____ can increase the self-awareness that is necessary in other areas of life.



Answers : 1. minds - 2. benefits - 3. chemicals - 4. feelings - 5. mood - 6. joining - 7. psychological - 8. skills - 9. failure - 10. defeat