**How playing sports benefits your body… and your brain**

Watch this video: <https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain?hasProgress=true>

Read the questions below and write an answer.

1. What are some of the health benefits?
2. What can an increase in endorphins and regular exercise do?
3. What becomes easier when you are committed to a team and having fun?
4. According to the video, what is a growth mindset?
5. Which aspect of sport has a long-term, transformative benefit?

Find definitions for the following vocabulary:

* the underdog:
* to cheer:
* to sharpen:
* self-awareness:
* a hurdle: