**How Playing Sports Benefits your Body and your Brain**

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1. List three benefits of exercise. (3 points)
2. Our brains release \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when we work out. These natural hormones can lead to feelings of:
   1. Anger
   2. Depression
   3. Euphoria
   4. Exhaustion
3. What are some of the benefits/things you can learn from being on a team? List four. (4 points)
4. By working and working at skills, you reinforce a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ mindset within yourself. (1 point)
5. Explain what a growth mindset is: (2 points)
6. Experiencing defeat as an athlete can be tough, but critical for building: (1 point)
   1. Muscle
   2. Friendship
   3. Memories
   4. Resilience
7. Why might learning to accept defeat be beneficial in the long run? (2 points)