

Benefits of Doing Sports 為何運動有益身心靈健康

<https://youtu.be/MzMmrXGj9as>

小主播：801 陳沛緹 陳宇晴

Q: "How does exercise help the body?"

1. benefit 利益；好處
2. victory 勝利，獲勝；成功
3. underdog （比賽中）不被看好的一方
4. entertaining funny and enjoyable 使人愉快的；有趣的
5. pastime 消遣，娛樂
6. mind 頭腦；大腦

mindset a person's way of thinking and their opinions 思想傾向；思維方式

7. strengthen 增強，加強；鞏固
8. bone 骨，骨頭
9. decrease （使）減少；（使）下降；（使）降低
10. blood pressure 血壓

*片中引用影片來源 https://www.youtube.com/watch?v=hmFQqiMF_f0&t=1s -Leah Lagos and

Jaspal Ricky Singh TED-Ed Made in partnership with the Always #LikeAGirl campaign.

Lesson by Leah Lagos and Jaspal Ricky Singh, animation by Kozmonot Animation Studio.