

Watch the episode and find one wrong word. Type in the correct one

1. Many people love to glorify winning on a playing field.
2. Our brains also release a number of substances when we work out.
3. Some of the most essential are psychological benefits.
4. Your self-esteem and confidence can get a big change.
5. Perhaps, one team too confident or not confident enough.
6. You'll be a part of a supportive community, you'll be building your confidence, you'll be exercising your body and you'll be bringing up your mind.