Sport - what exactly does your body have of this?

**1. brain**

a) better blood circulation

b) new connections between neural networks

c) release of endorphins

**Means:**

- better memory

- faster learning

- a sense of happiness

- intellectual efficiency

**2. Lungs - increasing the capacity over 14 times.**

This means proper nutrition for all body cells.

**3. Gastrointestinal tract - improved passage of digestive content.**

effects:

- better digestion

- efficient absorption of nutrients

- energy

- efficient defecation

- keeping the weight in check

**4. Heart**

a) regulation of heart rhythm

b) improving circulation

c) lowering cholesterol

effects:

- prevention of infarctions

- protection against hypertension

- the possibility of efficient work over 100 years

**5. Skin - it retains its youth for longer**

**6. The bones are more flexible and resistant to injuries**

**7. Muscles - the strength of muscles and their strength increases**

**8. Joints - their range of movement is increased, which is useful in everyday physical activity**