

Exercise stimulates the pituitary gland to produce endorphins, substances that affect mood, perception of pain, memory retention, and learning. Producing these endorphins is the body's way of alleviating feelings of depression and stress. Thus, strenuous and focused exercise can even be extremely helpful in improving your outlook on life.

ENJOY THE SUPER SPARTAN SPA!

2 FORMING GERUNDS

This is an excerpt from a magazine article about extreme sports. Read the passage and match the description in the column on the left with the name of the sport on the right. Write the name of the sport in the blank space.

THE X-GAMES

The Olympic Games first saw light in ancient Greece, and the X-Games came into being in 1995. The X-Games? X = the X in **extreme**, as in **extreme sports**, sports that are not the usual team sports, sports that challenge nature, sports that are "extremely" dangerous and performed only by daredevils. The names of these new competitive sports are not well known to everyone. Can you guess the name of the description of each sport in the box below?

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|--|--------------------------|
| 1. A person skates on a board. This sport is called <u>skateboarding</u> . | bouldering |
| 2. A person climbs up ice-covered mountains. The sport is _____. | free-skiing |
| 3. A person uses a mountain bike to race in snow. The sport is _____. | ice climbing |
| 4. A person climbs up mountains and over boulders, usually in the summer. This is _____. | skateboarding |
| 5. A person uses a surfboard and a parachute to ride air currents in the sky. The sport is called _____. | snowboarding |

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