

## Exergaming

Exergaming, a blend of exercise and video gaming, is gaining popularity for its ability to make physical activity enjoyable. Unlike traditional workouts, exergames provide a fun way to exercise at home. This ease of access encourages people to work out more regularly, making them healthier. Moreover, exergaming can be particularly appealing to those who often find their exercise routines boring or challenging to continue.

The health benefits of exergaming are significant. Regular participation in exergames can improve heart health, as many games require active physical movement. Additionally, these activities help in burning calories, helping people lose weight. By combining entertainment with exercise, exergaming motivates people to maintain an active lifestyle, eventually leading to improved physical and mental well-being.

### Questions

#### 1. Why is exergaming gaining popularity?

- a) It allows people to play video games without moving.
- b) It makes physical activity enjoyable and engaging.
- c) It is more challenging than traditional workouts.
- d) It is only available in gyms.

#### 2. What is one health benefit of regular participation in exergames?

- a) It helps people stay mentally inactive.
- b) It reduces the need for eating healthy meals.
- c) It helps improve heart conditions.
- d) It causes people to gain weight.

### Complete Nutrient Food: Convenient but Boring?

Complete nutrient food is convenient as portable food, but eating it every day can be boring. (\_\_\_1\_\_\_) this issue, some food companies are marketing more appealing alternatives. They are trying to create foods that are both nutritious and enjoyable.

(\_\_\_2\_\_\_), a company has created a cookie that people are used to enjoying, but with all the necessary nutrients included. This innovation aims to make healthy eating more enjoyable without sacrificing taste. Such products are becoming increasingly popular as they offer a practical solution to the problem of tasteless complete nutrient foods.

1. (\_\_\_1\_\_\_)

- A) Due to
- B) In addition to
- C) In response to
- D) Despite

2. (\_\_\_2\_\_\_)

- A) Furthermore
- B) For example
- C) However
- D) Therefore