Gamification

It can be difficult to motivate yourself to (0) ……***keep***….. fit. It's all too preferring to play a computer game, rather (1) …….. run in the park, (2) ……... you can combine both, which now you can! Programmers call this 'gamification': the process of (3) ..... daily tasks into games, normally with the help of a gadget (4)……..... a smartphone. Typically, the games take the form of an adventure. Runners are given a 'mission' to complete, during which they must (5) ..... from an enemy by running away - in real life! Behind the storyline is a genuine fitness schedule monitored by sensors in the phone. One such game, written (6)…… British writer Naomi Alderman, has been downloaded by nearly half a million people, (7) ..... have run 11 million real miles while playing it.

Some people insist that such games treat adults like children. If you don' have (8) ..... willpower to motivate yourself, then it's unlikely you (9) ..... continue exercising, once the excitement of the game (10) ..... worn off.

0	(A)	**keep**	B	make	C	hold
1	A	for	B	in	C	than
2	A	when	B	unless	C	but
3	A	turning	B	replacing	C	changing
4	A	similar	B	same	C	like
5	A	go	B	leave	C	escape
6	A	by	B	with	C	of
7	A	what	B	which	C	who
8	A	the	B	a	C	for
9	A	would	B	will	C	could
10	A	have	B	has	C	are

LIVEWORKSHEETS