

Saturday 9th January

[7:59:07 AM] Interactive Fitness and Exergame Network: you there mate?
[8:07:31 AM] Gamercize UK: dial eveyone one in :)
[8:07:44 AM] Interactive Fitness and Exergame Network: your first big fella
[8:07:46 AM] Gamercize UK: i thought you wern't on so grabbed the ID
[8:07:55 AM] Gamercize UK: my bad :S
[8:07:58 AM] Gamercize UK: lol
[8:08:09 AM] Interactive Fitness and Exergame Network: cant see you in the list?
[8:08:11 AM] *** Call from Iris Kulik Bokun, duration 2:18:43. ***
[8:08:50 AM] *** Interactive Fitness and Exergame Network added Tommy Seilheimer ***
[8:08:53 AM] *** Interactive Fitness and Exergame Network added Sheryl ***
[8:08:56 AM] *** Interactive Fitness and Exergame Network added Raina Casarez ***
[8:08:59 AM] *** Interactive Fitness and Exergame Network added Mark Martens ***
[8:09:05 AM] *** Interactive Fitness and Exergame Network added Keven Courson ***
[8:09:07 AM] *** Interactive Fitness and Exergame Network added Judi Cooper ***
[8:09:11 AM] *** Interactive Fitness and Exergame Network added Ernie Medina, Jr. ***
[8:09:14 AM] *** Interactive Fitness and Exergame Network added Emily Rosenberry ***
[8:09:16 AM] *** Gamercize UK has changed the conversation topic to "Exergamign 2010" ***
[8:09:16 AM] *** Interactive Fitness and Exergame Network added Ed Kasanders ***
[8:09:20 AM] *** Interactive Fitness and Exergame Network added Bill Abel ***
[8:10:28 AM] Gamercize UK: Hello all!!
[8:10:33 AM] Gamercize UK: Welsome to 2010
[8:10:45 AM] Gamercize UK: Welcome i meant (sigh)
[8:11:45 AM] Gamercize UK: In the event of a dropped call - please hang on for the INTERactive Fitness and Exergame call - reject other calls that's an automatic response from Skype - Thanks!!
[8:12:25 AM] *** Gamercize UK has changed the conversation topic to "Exergaming 2010" ***
[8:12:57 AM] *** Interactive Fitness and Exergame Network added Helena Baert ***
[8:12:59 AM] Bill Abel:
[8:13:13 AM] Emily Rosenberry:
[8:13:26 AM] Gamercize UK: Linked In Group -
http://www.linkedin.com/groups?gid=1895278&trk=hb_side_g
[8:13:39 AM] Mark Martens: Mark Martens,
[8:13:53 AM] Helena Baert: Hi everyone, happy new year! What's teh topic?
[8:14:14 AM] Tommy Seilheimer: im here - can u send me a call
[8:14:18 AM] Keven Courson:
[8:14:29 AM] Raina Casarez: Raina Casarez email
[8:19:00 AM] Interactive Fitness and Exergame Network: Please feel free everyone to write in the area as people are speaking

[8:19:11 AM] Interactive Fitness and Exergame Network: to ask questions, post comments or links

[8:19:36 AM] Interactive Fitness and Exergame Network: this area will be 'copy pasted' and used as a recordable transcript and posted on the wiki site

[8:20:32 AM] Gamercize UK: Lisa says Hi - doing baby things.

[8:21:23 AM] Tommy Seilheimer:
<http://www.pressrelease365.com/pr/sports/exergame-fitness-network-3998.htm>

[8:21:35 AM] Gamercize UK: <http://exergamefitness.com/brainbike.htm>

[8:21:47 AM] Tommy Seilheimer: <http://www.thebrainbike.com/>

[8:21:55 AM] Gamercize UK: (y)

[8:22:34 AM] Tommy Seilheimer: Results 1 - 50 out of a total 747 hits.

[8:23:03 AM] Helena Baert: Nice! (y)

[8:24:11 AM] Raina Casarez: (y)

[8:24:53 AM] Tommy Seilheimer:
<http://arrowdynamicmom.wordpress.com/2009/12/02/ace-announces-fitness-trends-for-2010-exergaming-ftw/> < Ace Endorsement

[8:25:04 AM] Helena Baert: Anybody know anything about project natal? Just heard some stuff...

[8:25:09 AM] Helena Baert: 2010...

[8:25:13 AM] Mark Martens: Sorry, my LinkedIn email turns out to be e,

[8:26:08 AM] Raina Casarez: Wow! Didn't know that

[8:26:31 AM] Raina Casarez: Haha

[8:27:01 AM] Helena Baert: soxxy belgium canadian here :) haha

[8:27:16 AM] Interactive Fitness and Exergame Network: lol Helena

[8:27:36 AM] Tommy Seilheimer: <http://www.acefitness.org/> - Ace Website

[8:27:38 AM] Helena Baert: never heard of ACE :S weird

[8:27:49 AM] Mark Martens: Raina; What's your connection with ACE

[8:27:53 AM] Mark Martens: ?

[8:29:25 AM] Tommy Seilheimer: <http://www.acefitness.org/pressroom/442/test-results-reported-on-fitness-benefits-of/> < This is what Richard is speaking about

[8:29:32 AM] Helena Baert: yuk = jogging on wii fit

[8:29:54 AM] Interactive Fitness and Exergame Network: not much fun jogging on the same spot..BORING....need adaption

[8:29:59 AM] Raina Casarez: except me

[8:30:22 AM] Interactive Fitness and Exergame Network: using bosu balls or a mini-tramp helps a lot

[8:30:30 AM] Raina Casarez: I find it to be a powerful exercise tool

[8:31:22 AM] Raina Casarez: It needs the interface of knowledge (via application of group fitness principles) and you can get an amazing low or no impact workout

[8:31:31 AM] Raina Casarez: Vids coming soon...

[8:31:38 AM] Helena Baert: Skill development on Wii fit in CANADA! :D not sure how far they are yet though... (mainly focuse on balanced in K-12 education)

[8:32:02 AM] Gamercize UK: in that case Helena....

[8:32:19 AM] Gamercize UK: Canada can join the International Exergame Tournament... ;)

[8:32:28 AM] Helena Baert: They should!

[8:32:32 AM] Tommy Seilheimer: LOL - Yea!

[8:32:41 AM] Gamercize UK: They need better training though!! haha

[8:33:09 AM] Gamercize UK: AU\$ 330m falls prevetion

[8:33:16 AM] Tommy Seilheimer: wow!

[8:33:17 AM] Helena Baert: Will be presenting on PE tech in May in MONTreal! :)
Will be talking to you all about that :)

[8:34:37 AM] Tommy Seilheimer: That sounds good Helena

[8:37:05 AM] Helena Baert: that's because they think they sound cute ;)

[8:37:28 AM] Helena Baert: and yeah... we just like to listen... doesn't mean we really listen :)

[8:37:37 AM] Gamercize UK: Implementation = Lisa !

[8:37:38 AM] Interactive Fitness and Exergame Network: nice one Helena :P

[8:37:44 AM] Interactive Fitness and Exergame Network: I like you accent more

[8:37:58 AM] Helena Baert: hihi thanks...

[8:39:19 AM] Interactive Fitness and Exergame Network: Implementation is the HOW not the WHAT

[8:40:20 AM] Raina Casarez: Sounds like the point of the US Physical Activity Plan. 2008 Physical Activity Guidelines informed but doesn't really tell people the how of getting fit. The Plan aims to do that

[8:40:29 AM] Tommy Seilheimer: Ernie text me and said sorry he cannot make it but I can ask him a question if we need via text and I can input it...

[8:41:49 AM] Gamercize UK: OK Tommy, can you ask Ernie to confirm the "Wii fit is not exercise" ACE study has been nullified - and if possible why

[8:41:57 AM] Tommy Seilheimer: Will do..

[8:42:01 AM] Gamercize UK: Ta

[8:43:04 AM] Ed Kasanders: Hello everyone. sorry running late.

[8:43:20 AM] Gamercize UK: Hey Ed

[8:43:29 AM] *** Interactive Fitness and Exergame Network added Iris Kulik Bokun ***

[8:43:50 AM] Tommy Seilheimer: Ernie is answering our question [please hold]

[8:44:44 AM] Interactive Fitness and Exergame Network: sure mate

[8:44:57 AM] Interactive Fitness and Exergame Network: Fitness

[8:44:58 AM] Raina Casarez: fitness

[8:45:06 AM] Helena Baert: PE!

[8:45:21 AM] Keven Courson: fitness

[8:45:37 AM] Iris Kulik Bokun: hello, I'm new to both :)

[8:45:46 AM] Tommy Seilheimer: Welcome Iriis!

[8:45:47 AM] Keven Courson: Grew up in the video gaming generation...

[8:45:54 AM] Helena Baert: Welcome Iris

[8:46:08 AM] Interactive Fitness and Exergame Network: Iris feel free to comment at any point its 'VERY' informal here

[8:46:18 AM] Iris Kulik Bokun: thanks :)

[8:46:22 AM] Ed Kasanders: fitness background

[8:46:35 AM] Bill Abel: fitness

[8:46:40 AM] Sheryl: Hi everyone, I know I'm late, but I'm here now if you would like to have me join in the discussion...

[8:46:42 AM] Helena Baert: :)

[8:46:44 AM] Sheryl: Happy New Year!

[8:47:07 AM] Interactive Fitness and Exergame Network: Hey Sheryl HAPPY NEW YEAR mate :)

[8:47:36 AM] Tommy Seilheimer: :)

[8:47:41 AM] Emily Rosenberry: Hi Helena :)

[8:47:53 AM] Helena Baert: now that is a wonderful accent! Awesome! Welcome... we love different accents :)

[8:48:05 AM] Sheryl: Hi Everyone!
[8:48:14 AM] Gamercize UK: Hi Sheryl
[8:48:21 AM] Interactive Fitness and Exergame Network: your a hound for accents
Helena :P
[8:48:34 AM] Interactive Fitness and Exergame Network: but your right, very multicultural
[8:49:20 AM] Iris Kulik Bokun:
[8:51:28 AM] Sheryl: I hope I did not just screw things up...I thought I could just call in to join you all..but it seems that I can't...not sure how to join in ...
[8:51:43 AM] Helena Baert: yep
[8:52:04 AM] Interactive Fitness and Exergame Network: Peoples email addresses will be removed from this list at the end of this conversation!!
[8:52:11 AM] Tommy Seilheimer: Good point Raina
[8:52:41 AM] Gamercize UK: Straw poll - Exergaming background's for the call - 9 Fitness 2 Gaming
[8:52:56 AM] Gamercize UK: (bit the two that are gaming so rock I'll call it evens)
[8:52:58 AM] Interactive Fitness and Exergame Network: wow...interesting results
[8:53:08 AM] Interactive Fitness and Exergame Network: lol
[8:53:49 AM] Gamercize UK: Brett can you get Sherly on the call?
[8:54:03 AM] Interactive Fitness and Exergame Network: she is mate but no mic it seems
[8:54:19 AM] Gamercize UK: ok, no seing on the conf call list
[8:54:38 AM] Sheryl: thanks!
[8:55:41 AM] Tommy Seilheimer: I agree with the dominate force being "fitness" along with a few of the hardcore gamers adding that exciting element to the industry. I think it is the perfect mix since the "fitness" aspect is the area that will drive the overall positive benefit BUT...a big BUT - the gaming aspect is what drives home the "engaging" part
[8:56:22 AM] Gamercize UK: Mario Kart Wii and Super Smash Bros Brwl compatible with Gamercize Pro-Sport
[8:56:50 AM] Helena Baert: yes you can
[8:56:51 AM] Mark Martens: Tommy: I think of it as Fitness is the objective, the goal. Gaming is how we're trying to accomplish it.
[8:56:52 AM] Helena Baert: we know
[8:56:53 AM] Gamercize UK: lol
[8:57:00 AM] Tommy Seilheimer: NICE MARK!
[8:57:09 AM] Tommy Seilheimer: u just said it better
[8:57:31 AM] Judi Cooper: That's is why I describe it at "Video Game Disguised Fitness"
[8:57:35 AM] Raina Casarez: I have a question to ask to fitness and gamers
[8:57:54 AM] Gamercize UK: Hey Sheryl, you made it!
[8:58:02 AM] Sheryl: yep!
[8:58:05 AM] Helena Baert: true... lots of people out there who believe exergaming looks intriguing but do not have access to it!
[8:58:05 AM] Sheryl: hello!!
[8:58:26 AM] Tommy Seilheimer: Very good point Brett!
[8:58:31 AM] Gamercize UK: [http://exergaming.pbworks.com/THE-EXERGAME-NETWORK-\(TEN\)-PAGE](http://exergaming.pbworks.com/THE-EXERGAME-NETWORK-(TEN)-PAGE)

[8:58:35 AM] Raina Casarez: Is there no courtesy or protocol that should be followed when somebody is working out (say on the Wii Fit)? Is it okay to tease, harangue, harass, insult etc while it's somebody else's turn?

[8:58:58 AM] Gamercize UK: promoting exergaming on the holistic level

[8:59:16 AM] Gamercize UK: TEN is a not-for-profit and non-affiliated Games for Health advocacy promoting an active and healthy lifestyle by combining video games technologies and exercise, known as Exergaming. Exergaming is proving to be an excellent way to increase motivation, energy expenditure and overall fitness. TEN is a collaboration of dedicated health and fitness practitioners, exergame developers, researchers and clinicians, health and fitness entrepreneurs and passionate individuals devoted to highlighting the best solutions offered by exergaming.

[8:59:52 AM] Helena Baert: ooooooooooh holistically speaking... cool Richard! Yes, connect it to the whole body...

[9:00:05 AM] Gamercize UK: :) thnx

[9:00:14 AM] Tommy Seilheimer: YES!

Tommy Seilheimer

[9:00:56 AM] Raina Casarez: Does everybody use the twibbon

[9:01:00 AM] Gamercize UK: Fantastic support Tommy! Brilliant!

[9:01:26 AM] Raina Casarez: Yes, is it easy for me to promote you, there's more chance that I will.

[9:01:52 AM] Gamercize UK: Todo: social media how-to

[9:01:58 AM] Raina Casarez: I love pictures and that makes my articles stand out

[9:02:11 AM] Raina Casarez: I've done articles on Tommy and Richard

[9:02:20 AM] Raina Casarez: I've done a radio show about Alistair Thin

[9:02:27 AM] Raina Casarez: I've done an interview with Biray and Ernie

[9:02:32 AM] Gamercize UK: About me Raina??? lol

[9:02:50 AM] Raina Casarez: Of course, even your I'll buy your Wii Fit

[9:03:12 AM] Gamercize UK: you'll get \$150 cash back for your Wii Fit on a Gamercize Fmaily Fit ;)

[9:03:20 AM] Gamercize UK: hehe

[9:03:39 AM] Raina Casarez: Damn, I would have sold you my Wii Fit. I only got \$2.40 at Game Stop

[9:03:54 AM] Gamercize UK: Oh Raina - will email you about spinning and exergaming later... (y)

[9:04:25 AM] Bill Abel: This was my first call and I really enjoyed it...great information, lots of passion...i'll fix my microphone for the next one...have to scoot...have a great weekend everyone...please feel free to contact me anytime, bi. Peace!

[9:04:29 AM] *** Conference call, duration 00:44 ***

[9:04:53 AM] Interactive Fitness and Exergame Network: THanks Bill

[9:05:01 AM] Tommy Seilheimer: Now go home and work!

[9:05:07 AM] Interactive Fitness and Exergame Network: lol...

[9:05:14 AM] *** Call ended ***

[9:05:16 AM] Bill Abel: (beer)

[9:05:31 AM] Judi Cooper: (ninja)

[9:05:32 AM] Interactive Fitness and Exergame Network: good man (fitness carbohydrate drink)

[9:05:34 AM] Interactive Fitness and Exergame Network: :P

[9:06:07 AM] Keven Courson: I'm still here but got cut off....

[9:06:22 AM] Keven Courson: thank you!

[9:06:22 AM] Interactive Fitness and Exergame Network: np Keven
[9:06:41 AM] Mark Martens: How do you add those little icons to the message?
[9:07:59 AM] Gamercize UK: (wasntme)it's a button up there
[9:08:17 AM] Interactive Fitness and Exergame Network: in the chat window its the little smiley greyed face, click on that
[9:08:27 AM] Ed Kasanders: Mark - you are not an authorized person to add those little icons.
[9:08:58 AM] Mark Martens: Not authorized??.
[9:09:01 AM] Ed Kasanders: lol
[9:09:08 AM] Mark Martens: Ouch.
[9:09:19 AM] Judi Cooper: (dance)
[9:09:20 AM] Raina Casarez: :Pit's an intelligent test
[9:09:24 AM] Tommy Seilheimer: She sounds like Darth Vader.... ;)
[9:09:58 AM] Mark Martens: (beer) Got it.
[9:10:08 AM] Tommy Seilheimer: lol
[9:10:11 AM] Interactive Fitness and Exergame Network: lol, well done Mark :)
[9:10:28 AM] Raina Casarez: intelligence oops (dance)(ninja)
[9:10:34 AM] Judi Cooper: Has Ernie answered your text question Tommy?
[9:10:53 AM] Tommy Seilheimer: not yet - waiting
[9:10:55 AM] Raina Casarez: (d)
[9:11:10 AM] Mark Martens: I know I have said it before, but I think it bears repeating; I think that all progress in this field will arise from the emergence of sustainable business models. Not from PR.
[9:11:16 AM] Tommy Seilheimer: Ed might chime in
[9:11:20 AM] Helena Baert: AAHPERD!
[9:12:06 AM] Interactive Fitness and Exergame Network: Ed yu have some info here?
[9:12:11 AM] Ed Kasanders: yes.
[9:12:18 AM] Interactive Fitness and Exergame Network: okay one mo
[9:12:25 AM] Tommy Seilheimer: IHRSA: March 10-13th 2010 - San Diego CA
[9:12:29 AM] Tommy Seilheimer:
<http://cms.ihrsa.org/index.cfm?fuseaction=Page.viewPage&pageId=19067>
[9:13:11 AM] Interactive Fitness and Exergame Network: YMCA convention
[9:14:05 AM] Gamercize UK: <http://exergaming.pbworks.com/Exergaming-Events>
[9:14:24 AM] Gamercize UK: Add exergaming events or major conferences there
[9:15:20 AM] Tommy Seilheimer: July 8-11th 2010 - Salt Lake City UTAH - YMCA Convention
[9:15:23 AM] Gamercize UK: are we done with the silly emoticons?
[9:15:25 AM] Gamercize UK: (poolparty)
[9:15:44 AM] Interactive Fitness and Exergame Network: no never
[9:15:48 AM] Raina Casarez: (flex)take that!
[9:16:00 AM] Interactive Fitness and Exergame Network: (emo)
[9:16:08 AM] Gamercize UK: (moonning)
[9:16:10 AM] Mark Martens:
[9:16:21 AM] Mark Martens: Cheeky.
[9:16:29 AM] Interactive Fitness and Exergame Network: lol
[9:16:38 AM] Gamercize UK: oops !
[9:17:22 AM] Raina Casarez: hahaha
[9:18:10 AM] Tommy Seilheimer: <http://www.bulldoginteractivefitness.com/>
BulldogFitness

[9:19:26 AM] Tommy Seilheimer: Each Bulldog Fitness center was a profit center - Limited products but great business plan

[9:19:46 AM] Tommy Seilheimer: As of this month they have generate over 400k USD of quotes

[9:19:53 AM] Emily Rosenberry: I'll be back in about 20 mins

[9:20:17 AM] Gamercize UK: So will I... (don;t read anything into that people)

[9:21:29 AM] Mark Martens: 80% of the gym members don't use the gym.

[9:21:55 AM] Mark Martens: So gyms are not good markets for exergaming products.

[9:22:24 AM] Mark Martens: Under their current business model.

[9:22:33 AM] Ed Kasanders: and 80% of all people dont go to gyms.

[9:22:53 AM] Mark Martens: For the same reason Ed.

[9:23:33 AM] Judi Cooper: Actually it is a good market for gyms. A lot of people do not go to the gym on a regular basis because they have kids, and the kids do not have anything to do while they work out. Exergaming offers not just a kids place to have fun and get fit, but also encourages families to do things together.

[9:23:36 AM] Tommy Seilheimer: I agree

[9:23:50 AM] Keven Courson: Mark, I agree with what your saying about having a good business model. But, PR will be will be the driving force behind promoting interest and awarness around exergaming.

[9:24:08 AM] Mark Martens: What do you do Kevin?

[9:24:22 AM] Tommy Seilheimer: nice Judi

[9:24:43 AM] Judi Cooper: Families that play together stay together

[9:24:46 AM] Helena Baert: Who is doing the bulldoginteractivefitness? should add you to my skype if I have not :)

[9:26:26 AM] Gamercize UK: Which?

[9:26:28 AM] Tommy Seilheimer: a link?

[9:26:36 AM] Helena Baert: we have lots of witches

[9:26:48 AM] Tommy Seilheimer: <http://www.which.co.uk/>

[9:27:03 AM] Ed Kasanders: Helena, Skype is: hollyandjames.bond email is:

[9:28:12 AM] Helena Baert: thanks!

[9:28:39 AM] Gamercize UK: <http://exergaming.pbworks.com/Exergame-Rating-System>

[9:28:48 AM] Tommy Seilheimer: (y)

[9:28:59 AM] Gamercize UK:

[9:30:37 AM] Raina Casarez: ESRB

[9:30:51 AM] Tommy Seilheimer: <http://www.esrb.org/index-js.jsp>

[9:30:54 AM] Keven Courson: It has truly been a pleasure being on this call. It nice to hear a group of professionals sharing a conversation about exergaming. I need to leave the call now. This was my first call, and I look forward to future calls with all of you. Thanks again for allowing me to join the conversation. Cheers! (beer)

[9:31:10 AM] Helena Baert: Seeya Keven! :D

[9:31:12 AM] Raina Casarez: that is going to be tricky

[9:31:13 AM] Gamercize UK: Thanks so much for joining Kevn, see you next time!

[9:31:19 AM] Tommy Seilheimer: see you

[9:31:22 AM] Raina Casarez: Nobody even agrees about anything

[9:31:23 AM] Mark Martens: Bye Kevin.

[9:31:37 AM] Tommy Seilheimer: Keven make sure you add everyone

[9:31:49 AM] Keven Courson: I just got cut off again but thanks again!

[9:32:41 AM] Sheryl: Sorry, Tommy can you add me again?

[9:32:50 AM] Tommy Seilheimer: Sure!

[9:32:51 AM] Raina Casarez: that is a better Tommy
[9:33:19 AM] Tommy Seilheimer: :)
[9:33:28 AM] Tommy Seilheimer: Sheryl - you already are on my list :)
[9:33:42 AM] Raina Casarez: Please don't say tht
[9:33:44 AM] Tommy Seilheimer: Good point! Think big!
[9:33:48 AM] Interactive Fitness and Exergame Network: <http://www.lesmills.com/>
[9:34:38 AM] Helena Baert: I love them
[9:34:40 AM] Helena Baert: :D
[9:35:36 AM] Helena Baert: Is lesmills like shapes in Canada..... ?
[9:35:50 AM] Tommy Seilheimer: Its a "turnkey" solution it seems - creating that "machine" yes / no?
[9:35:53 AM] Helena Baert: the classes I mean ...
[9:36:17 AM] Mark Martens: Raina: How well do you understand their business model?
[9:36:30 AM] Mark Martens: Could you explain it to me?
[9:37:10 AM] Gamercize UK: Branding Mark
[9:38:46 AM] Helena Baert: I am PE not fitness :) just so you know...
[9:39:08 AM] Mark Martens: OK. Sorry.
[9:39:13 AM] Helena Baert: hihi
[9:39:22 AM] Mark Martens: (rofl)
[9:40:12 AM] Ed Kasanders: question. Is 'Group Fitness' attracting the population. The 80% of people not going to a class.
[9:40:17 AM] Gamercize UK: PE = PhitnEss
[9:40:37 AM] Helena Baert: ha
[9:40:56 AM] Gamercize UK: Aims for 2010 onwards
[9:41:05 AM] Gamercize UK: 1. Exergaming Ceritficaton
[9:41:12 AM] Gamercize UK: 2. Exergaming Rating system
[9:41:16 AM] Gamercize UK: add more people!
[9:41:34 AM] Mark Martens: Ed: It is MY sense that the 80% who do not work out regularly will only do so with Group fitness. I think Raina is right about that.
[9:42:16 AM] Judi Cooper: I agree with that statement and that is why iDance is a great product to get into gyms worldwide.
[9:42:29 AM] Iris Kulik Bokun: are we in this topic referring only to adults?
[9:42:51 AM] Mark Martens: No Iris. Theoretically kids too.
[9:43:00 AM] Ed Kasanders: The key for Exergaming is taking what works in programs and making something that works, such as Group Fitness: the comraderie, group play, fun, exciting, motivation with your peers.
[9:43:20 AM] Mark Martens: Judi. Are you 'affiliated' with iDance.
[9:43:34 AM] Judi Cooper: No, I work for Tommy and Ed.
[9:43:50 AM] Judi Cooper: I formerly owned my own Exergaming Facility in Indiana.
[9:44:00 AM] Ed Kasanders: Judi is the leading sales person for iDance in the USA for Exergame Fitness.
[9:44:01 AM] Mark Martens: Got it, thanks.
[9:44:11 AM] Sheryl: Raina, you mic keeps breaking up....can you move it closer to your mouth
[9:44:12 AM] Sheryl: thanks
[9:44:26 AM] Ed Kasanders: I am ready to jump on a plane to Georgia!
[9:44:35 AM] Tommy Seilheimer: Passion is good
[9:46:36 AM] Sheryl: I used to be a professor at Georgia State....small world!!!

[9:46:39 AM] Helena Baert: FYI - May want to get exergaming in here - PHE Canada National Conference October 21-23, 2010 - Toronto, Ontario

[9:48:00 AM] Emily Rosenberry: :)

[9:48:31 AM] Raina Casarez: That's right. The Wii alone is useless. You must have programming

[9:48:47 AM] Gamercize UK: Exergaming without programming or objectives = last used 6 moths ago (i.e. typical Wii only install)

[9:48:58 AM] Gamercize UK: Programming is everything

[9:49:09 AM] Gamercize UK: INstructors and training make the difference

[9:49:16 AM] Gamercize UK: remeber the basketball !!!

[9:49:36 AM] Gamercize UK: Where's Lisa!!!! :)

[9:51:43 AM] Mark Martens: I think most regular people will not sustain exercise programs without social/facilitated assistance. Probably trainers. This business model will compete with gyms.

[9:51:55 AM] Mark Martens: Not complement them.

[9:52:36 AM] Raina Casarez: @Mark very true. And win ;)

[9:52:58 AM] Sheryl: Agreed!

[9:53:01 AM] Mark Martens: Yes Raina. Eventually at least.

[9:53:29 AM] Sheryl: Its not only Ben Sawyer!

[9:53:38 AM] Tommy Seilheimer: Sheryl ;)

[9:53:40 AM] Sheryl: =]

[9:53:53 AM] Keven Courson: I'm back...can yooou call me back in?

[9:54:04 AM] Tommy Seilheimer: :) aghhh thats my boy

[9:54:13 AM] Mark Martens: In the long-term, US Insurance companies and employers will pay for verifiable sustained exercise. But I don't know how it will take place in countries like the UK, where health care is free.

[9:54:47 AM] Mark Martens: Whats that about \ben Sawyer?

[9:55:06 AM] Raina Casarez: Have to go. Nice chatting

[9:55:13 AM] Gamercize UK: Exergamng is Serious Games

[9:55:16 AM] Tommy Seilheimer: good point - Mark!

[9:55:17 AM] Sheryl: Bye Raina!

[9:55:18 AM] Gamercize UK: cu Raina

[9:55:21 AM] Mark Martens: Ciao Raina.

[9:55:45 AM] Gamercize UK: Aims for 2010 onwards

1. Exergaming Ceritficaton

2. Exergaming Rating system

[9:55:58 AM] Mark Martens: Tommy: Thats why I talk about Bus models.

[9:56:20 AM] Interactive Fitness and Exergame Network: 1. TEN web presence

[9:56:20 AM] Tommy Seilheimer: Official website

Social Networking

Programming

[9:56:32 AM] Interactive Fitness and Exergame Network: 2. Exergaming Rating System

[9:57:06 AM] Tommy Seilheimer: Official "Spokesperson" for the TEN Network for media

[9:57:07 AM] Ed Kasanders: For TEN: one resource to get everything exergaming. Research, products, information, and directory of the industry.

[9:57:23 AM] Gamercize UK: <http://www.exergamenetwork.org>

[9:57:34 AM] Ed Kasanders: who does the 'rating'

[9:57:54 AM] Sheryl: I'd like to add a comment, real quick!

[9:58:03 AM] Tommy Seilheimer: go ahead Sheryl ...

[9:58:08 AM] Emily Rosenberry: 2 cents

[9:58:32 AM] Interactive Fitness and Exergame Network: 2 cents right

[9:58:49 AM] Tommy Seilheimer: GOOOOD POINT Sheryl!

[9:58:59 AM] Gamercize UK: in the UK it's actuall 2 pence worht

[9:59:20 AM] Gamercize UK: but £/\$= 1.6 or so, so 2 pence is worth more than 2 cents....

[9:59:23 AM] Gamercize UK: ;)

[9:59:58 AM] Interactive Fitness and Exergame Network: bloody good point Sheryl!!

[10:00:14 AM] Ed Kasanders: yes. sheryl.

[10:00:27 AM] Sheryl: agreed - a single location for information is important- I totally agree...but not sure about a rating!

[10:00:55 AM] Ed Kasanders: the hard part with a rating, is who does it?

[10:01:15 AM] Ed Kasanders: needs to be unbiased. which will be hard to do.

[10:01:27 AM] Keven Courson: Category and Age Appropriate (Rating)

[10:01:42 AM] Sheryl: http://news.cnet.com/8301-13772_3-10407024-52.html

[10:01:51 AM] Tommy Seilheimer: good point Keven - Thats CRUCIAL for clients such as Schools etc

[10:02:06 AM] Sheryl: The idea is that with the app--officially called ESRB Rating, and available now, for free, in Apple's App Store--

[10:03:04 AM] Tommy Seilheimer: <http://www.esrb.org/mobile/> <The download for iPhone app

[10:03:13 AM] Keven Courson: Some products may be okay for a 5th grader and not age appropriate for a 1st grader due to the fact it may be to complex for them to interact with.

[10:07:19 AM] Sheryl: Agreed....

[10:08:10 AM] Helena Baert: Agree Keven! Different age groups need different focus at times... different intensities that are vital and developmental

[10:08:28 AM] Keven Courson: Indeed

[10:08:30 AM] Interactive Fitness and Exergame Network: good point again

[10:10:01 AM] Tommy Seilheimer: yep

[10:11:05 AM] Tommy Seilheimer: Americans spent \$1.23 billion on video games, hardware and accessories

[10:12:08 AM] Sheryl: brb...got a phone call...sorry!

[10:14:07 AM] Tommy Seilheimer: In the long-term, US Insurance companies and employers will pay for verifiable sustained exercise. But I don't know how it will take place in countries like the UK, where health care is free. - maybe we can comment on Marks comments

[10:16:05 AM] Keven Courson: This is where having a network of Exergame owners/facilities to have a place to go to share ideas about what's working for them and what curriculums are being implemented. Sharing ideas similiar to what we are doing now.

[10:16:20 AM] Tommy Seilheimer: NICE!

[10:17:43 AM] Sheryl: ok back...

[10:18:08 AM] Tommy Seilheimer: back...

[10:18:12 AM] Tommy Seilheimer: ty :)

[10:18:25 AM] Sheryl: awww gee thanks!

[10:18:29 AM] Gamercize UK: Interactive Fitness and Exergame Network tagline "We have the best accents, bar none"

[10:18:45 AM] Iris Kulik Bokun: :D

[10:18:46 AM] Sheryl: WOW!!! THANK YOU!!!!

[10:18:55 AM] Tommy Seilheimer: post your website

[10:19:24 AM] Tommy Seilheimer: <http://www.games4rehab.com> Is this it?

[10:20:00 AM] Tommy Seilheimer: I might have to go through it all night!

Awesome!

[10:21:16 AM] Mark Martens: If it isn't sustained, it's not terribly useful.

[10:21:32 AM] Interactive Fitness and Exergame Network: Your right Mark

[10:21:33 AM] Tommy Seilheimer: Sign up for Sheryl's website:

<http://www.games4rehab.com/signup.php>

[10:21:44 AM] Mark Martens: Which is where exercise programs have traditionally failed.

[10:21:55 AM] Gamercize UK: I'm on that site already :)

[10:22:17 AM] Sheryl: Thanks.....so much!

[10:23:07 AM] Tommy Seilheimer: just created

[10:23:14 AM] Tommy Seilheimer: be prepared for some content tonight

[10:23:51 AM] Sheryl: thanks! no worries...its just a beginning

[10:23:56 AM] Mark Martens: Gonna go everybody...

[10:24:44 AM] Mark Martens: Ciao.

[10:25:30 AM] Judi Cooper: Just signed up for it.

[10:25:41 AM] Sheryl: thanks!!!

[10:25:48 AM] Sheryl: you guys / gals are the best!!!

[10:25:54 AM] Tommy Seilheimer: Richie (cash)

[10:25:59 AM] Interactive Fitness and Exergame Network: lol

[10:26:07 AM] Helena Baert: finally can take a shower now... :)

[10:26:36 AM] *** Mark Martens has left ***

[10:26:42 AM] Interactive Fitness and Exergame Network: lol..same here Helena

[10:27:09 AM] Keven Courson: ah just got cut off from the closing ceremonies.

[10:27:14 AM] Tommy Seilheimer: lol

[10:27:26 AM] Sheryl: awesome! thanks everyone!!!

[10:27:29 AM] Tommy Seilheimer: its the best part cause of Richards accent

[10:27:31 AM] Interactive Fitness and Exergame Network: thanks all

[10:27:33 AM] *** Call ended ***

[10:27:36 AM] Helena Baert: bye

[10:27:53 AM] Keven Courson: It has been a pleasure...

[10:28:26 AM] *** Helena Baert has left ***