

## Criticism of Exergaming

- [8:56:47 AM] Gamercize UK: 1. Exergaming is not as much exercise as sport
- 2. Exergaming is not good enough to be MPVA
- 3. Exergaming is a fad and won't be used long enough
- 4. Exergaming is not social
- 5. Exergaming promotes video games (which are bad things)
- 6. Exergaming is too heavily branded - doesn't fit in with unbranded PE
- 7. Exergaming is keeping kids indoors when they should be outside
- 8. Exergaming is too hard to integrate in PE (technically challenging)
- 9. Exergaming is unreliable and breaks down
- 10. Exergaming costs too much to buy and support
- 11. Exergaming doesn't include monitoring (trad PE doesn't either, this is an excuse not a criticism)
- 12. Exergaming is a commercial solution that can't be recommended by non-profit/government
- 13. Exergaming research is commercially based and unreliable
- 14. Exergaming provides incorrect medical analysis
- 15. Exergaming is just for kids
- 16. Exergaming hasn't been proven to work for gateway effect / weight loss
- [8:57:17 AM] Sandra: just for kids? we have some senior friendly games
- [8:57:21 AM] Ernie Medina, Jr.: We need to also PRESS THE FLESH and be involved with committees, study groups, rub shoulders with the Pates and Ainsworth's of the exercise world...that is the best way to get our message to them.
- [8:57:25 AM] Interactive Fitness and Exergame Network: good starting points Rich
- [8:57:33 AM] Ernie Medina, Jr.: For kids of ALL ages....
- [8:57:40 AM] Sandra: :)
- [8:58:04 AM] Gamercize UK: 17. Exergaming makes people give up sport (hear that at NWHPAF, so not on the orig list!)
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## Gateway affect of Exergaming

[9:05:29 AM] Stephen Yang: Twenty-five SUNY Cortland students (15 male, 10 female) participated in this study. Age of the subjects ranged from 19 to 23 years (20.48 + 1.05 years), height from 61 to 74 inches (68.28 + 3.52 inches), weight from 120 to 217 pounds (167.76 + 30.43 pounds) and BMI from 19.25 to 32.88 kg/m<sup>2</sup> (25.33 + 3.67 kg/m<sup>2</sup>). Male participants' age ranged from 19 to 22 years (20.33 + .98 years), height from 66 to 74 inches (69.87 + 2.56 inches), weight from 145 to 217 pounds (185.60 + 23.94 pounds) and BMI from 21.49 to 32.88 kg/m<sup>2</sup> (26.98 + 3.62 kg/m<sup>2</sup>). Female participants' age ranged from 19 to 23 years (20.70 + 1.56 years), height from 61 to 71 inches (65.90 + 3.51 inches), weight from 120 to 165 pounds (141.00 + 15.87 pounds) and BMI from 19.25 to 25.35 kg/m<sup>2</sup> (22.86 + 2.04 kg/m<sup>2</sup>). All subjects were non-smokers.

Statistical analysis of heart rate via a repeated measures ANOVA revealed that there were no significant differences between the treadmill protocol and the Wii Fit Free Run protocol ( $F(1,23) = .211$ ,  $p > 0.1$ ) for the total duration of the workouts. However, there were significant differences between stages of the two protocols ( $F(4,92) = 56.685$ ,  $p < 0.0005$ ). Post hoc comparisons using Bonferroni adjustments at an alpha level of 0.1 found that stages 1, 2 and 3 of the Wii Fit Free Run protocol elicited a significantly higher HR as compared to stages 1, 2 and 3 of the treadmill protocol; in stage 5 the treadmill protocol elicited a significantly higher HR than the Wii protocol. There was no significant difference in HR between the two protocols in stage 4. Table 1 shows HR mean and standard deviation data.

New Years resolutions, using Exergaming Principles, xmas period (seasonal), pledge or commitment,

### **Tag Lines: Experience the Difference**

[9:46:37 AM] Gamercize UK: "Reach the Next Level (tm)"  
[9:46:52 AM] Stephen Yang: "The More You Play, The Less You Pay!"  
[9:46:57 AM] Ernie Medina, Jr.: I copied the ACSM's slogan and converted it, with the Exergaming with an Rx in it...  
[9:47:21 AM] Ernie Medina, Jr.: "Play Sweat"  
[9:47:24 AM] Gamercize UK: Game 4 Life  
[9:47:24 AM] Stephen Yang: Just Keep Movin  
[9:47:45 AM] Ernie Medina, Jr.: or "Sweat Play"  
[9:47:50 AM] Stephen Yang: nope  
[9:48:03 AM] Ernie Medina, Jr.: Gaming for life?  
[9:48:10 AM] Ernie Medina, Jr.: Reminds me of poker...  
[9:48:19 AM] Ernie Medina, Jr.: hehehe  
[9:48:21 AM] Gamercize UK: Game4Life

Experience the Difference

Three things: fun, social and (different & healthy)