

[7:16:04 AM] Sheryl: Hi Its me, Sheryl, can you add me to the call?
[7:16:05 AM] Sheryl: thanks
[7:17:46 AM] Sheryl: ok, well, perhaps Ill try another time
[7:17:47 AM] Sheryl: thanks!
[7:18:54 AM] *** Call to Emily Rosenberry, duration 1:49:46. ***
[7:19:06 AM] *** Interactive Fitness and Exergame Network added Alasdair Thin

[7:19:26 AM] *** Interactive Fitness and Exergame Network added Mark Martens

[7:19:29 AM] *** Interactive Fitness and Exergame Network added Sandra ***
[7:19:35 AM] *** Interactive Fitness and Exergame Network added Tommy
Seilheimer ***
[7:19:47 AM] Sandra: hi
[7:19:59 AM] *** Interactive Fitness and Exergame Network added Gamercize UK

[7:20:12 AM] Sandra: and we can type :)
[7:20:30 AM] Sandra: too late, here :)
[7:20:39 AM] *** Interactive Fitness and Exergame Network added Emily
Rosenberry ***
[7:20:39 AM] *** Gamercize UK has changed the conversation topic to "Interactive
Fitness and Exergame Network" ***
[7:21:55 AM] Sandra: no
Interactive
[7:22:29 AM] Sandra: Richard you should play audiogames :)
[7:24:16 AM] Sandra: yeah
[7:25:21 AM] Sandra: sport is very very very very very very difficult
[7:27:41 AM] Sandra: Norway is more open
[7:27:48 AM] Sandra: in germany we will get problems
[7:28:00 AM] Interactive Fitness and Exergame Network: could Exergaming could
ever been classified as a sport (moded of sport)
[7:28:04 AM] Alasdair Thin: http://www.asf.org.au/who/definition_of_sport
[7:28:15 AM] Alasdair Thin: “a human activity capable of achieving a result requiring
physical exertion and/or physical skill, which, by its nature and organisation, is
competitive and is generally accepted as being a sport.”
[7:28:20 AM] Interactive Fitness and Exergame Network: THanks for the link
Alisdair
[7:29:39 AM] Sandra: Definition of sport is a very bad idea!
[7:30:04 AM] Sandra: * eSports wants to be sport
[7:30:11 AM] Sandra: * definition is still unlcear
[7:30:28 AM] Gamercize UK: From Alasdair's link - Spot = “a human activity
capable of achieving a result requiring physical exertion and/or physical skill, which,
by its nature and organisation, is competitive and is generally accepted as being a
sport.”
[7:30:35 AM] Gamercize UK: (Sport even!)
[7:31:22 AM] Interactive Fitness and Exergame Network: Please everyone, if you
have a 'point' to talk about, write the point briefly, in this window so we can record
the gist of this discussion
[7:31:25 AM] Sandra: exeraming, after Ben Sawyer is also rehabilitation for finger
movements
[7:31:32 AM] Sandra: there are too much different exergames

[7:32:25 AM] Sandra: are exergaming and "Games for rehabilitation" the same level

[7:32:39 AM] Sandra: or is rehabilitation part of exergaming?

[7:32:56 AM] Tommy Seilheimer: I agree Richard

[7:32:57 AM] Sheryl: I think we should leave games for rehab for a different discussion

[7:33:03 AM] Sheryl: sport and rehab are not the same thing

[7:33:09 AM] Sheryl: exercise is not rehabilitation

[7:33:17 AM] Interactive Fitness and Exergame Network: I agree Sheryl

[7:33:46 AM] Sandra: so we have them on the same level, as different things , that just use sometimes similar games

[7:34:15 AM] Sheryl: I agree that some games used for exercise can also be used for rehab

[7:35:20 AM] Gamercize UK: Should Exergaming be Fun?

[7:35:29 AM] Sandra: of course

[7:35:34 AM] Tommy Seilheimer: 100% especially with children

[7:35:52 AM] Sandra: depends on the person who plays it

[7:36:24 AM] Sandra: it motivates you, that is one of the main part

[7:37:10 AM] Sandra: so it is motivation and positive experience?

[7:38:34 AM] Interactive Fitness and Exergame Network: EXERCISE IS THE POSITIVE EXPERIENCE GAINED BY COMBINING EXERCISE AND GAMING

[7:38:52 AM] Gamercize UK: EXERGAMING IS THE POSITIVE EXPERIENCE GAINED BY COMBINING EXERCISE AND GAMING

[7:39:56 AM] Sandra: what about: "you want to do it again ..."

positive experience is just for one moment?

[7:40:42 AM] Alasdair Thin: If something is a "positive experience" it is likely that you will want to repeat it again and again.....

[7:40:42 AM] Interactive Fitness and Exergame Network: It means its a positive experience EVERY time you do exergaming

[7:41:31 AM] Sandra: But you do have sometime also not positive experience like trying to get some points, but do not get it

[7:44:10 AM] Alasdair Thin: I agree that there will be times when things are not so positive, but the fact that it is "only a game" allows people to get over it.

[7:44:12 AM] Tommy Seilheimer: Entertainment Software Association (ESA)'s 2009 consumer survey:

- * The average gamer is 35 years old.
- * 26% of gamers are age 50 or older.
- * 25% of gamers are under age 18.
- * 42% of homes in America have a video game console.
- * In 2008, the three best-selling video game super genres (by units sold) were Action, Family Entertainment, and Sport Games.
- * Gamers are 60% male, 40% female.
- * 62% of gamers play games with other gamers in person.
- * There were 261.9 million video game units sold in 2008.

[7:45:29 AM] Sandra: Online multiplayer is the best

[7:46:07 AM] Interactive Fitness and Exergame Network: I think thats true Sandra, and multiplayer for those that dont use the net for gaming

[7:47:00 AM] Gamercize UK: PDF Definition - add SOCIAL aspect

[7:47:00 AM] Sandra: also single player can be social = talk about it, compare points, ...

[7:47:33 AM] Sandra: social: just make a board with all the points

[7:48:04 AM] Interactive Fitness and Exergame Network: okay Richard

[7:48:08 AM] Sandra: no

[7:48:26 AM] Sandra: gaming = needs technology, ernie wrote something about his long ago

[7:48:45 AM] Sandra: twall = exergame, of course

[7:48:55 AM] Sandra: Sheryl, good point

[7:48:57 AM] Mark Martens: Why aren't exergames anything that combine exercise and (video) Games?

[7:49:15 AM] Tommy Seilheimer: <http://www.riverplex.org/xr/games>

[7:49:18 AM] Sandra: the gameplay is made by technology

[7:50:12 AM] Mark Martens: Then positive, social, rehab, etc, depends on the individual game.

[7:50:15 AM] Tommy Seilheimer: <http://www.riverplex.org/xr/XRGamingHealth>
<http://www.riverplex.org/xr/tour>

[7:50:34 AM] Sheryl: if this is true...then the definition as exercise + gaming (gaming might be misunderstood)

[7:50:42 AM] Emily Rosenberry: I would suggest that the Motavatrix is an exergame product but that it is not a video game...

[7:50:53 AM] Emily Rosenberry: sorry...the Makoto

[7:50:58 AM] Emily Rosenberry: not the Motavatrix

[7:51:01 AM] Sandra: Emily, it is a game :) they have pacman, dancegame

[7:51:15 AM] Sandra: makoto has gameplay

[7:51:23 AM] Sandra: rules, winner, ...

[7:51:45 AM] Emily Rosenberry: ok

[7:52:21 AM] Sandra: Definition of Gaming is a problem, because the term is used different in some countries

Germany: Game: PC game, Video game, Spiel: board game

[7:52:34 AM] Sandra: Australia, gaming = mixed up with gambling

[7:53:15 AM] Sandra: I do not know sportwall much, but twall is an exergame

[7:53:21 AM] Sandra: I love the memory game :)

[7:53:46 AM] Gamercize UK: chat is getting a little distracting here to follow the voice as well.. maybe best to record points only, not make new ones

[7:54:47 AM] Tommy Seilheimer: <http://smartus.com> <?

[7:55:20 AM] Tommy Seilheimer: <http://www.vectur.co.uk/1/1/index.html>

[7:57:01 AM] Tommy Seilheimer: I agree

[7:57:36 AM] Sandra: depends on the gameplay

[7:58:01 AM] Sandra: you do also interact with audiogames, too

[7:59:39 AM] Gamercize UK: Where is exergaming headed? What is the purpose and future?

[8:01:16 AM] Sandra: home, rehabilitation, senior places, schools, exergyms, Fitness Arcade, clinic, fitness club, leisure parks, cinema?

[8:01:17 AM] Mark Martens: www.pantometrics.com

[8:01:59 AM] Sandra: motivates the people to move more than usually :)

[8:02:10 AM] Sandra: in a healthy way

[8:02:53 AM] Gamercize UK: UK Guidelines are : 2 hours PE, 3 hours additional physical activity from school

[8:03:39 AM] Mark Martens: So if we are talking about the 'get more people doing more exercise' market, someone will have to find a context in which this can, and will, happen.

[8:03:44 AM] Interactive Fitness and Exergame Network: There are no guidelines for PE in Australia..which is a terrible failing

[8:04:13 AM] Sandra: In germany we do not have money for exergaming at school

[8:05:52 AM] Gamercize UK: Exergaming Purpose = Be more active

[8:06:39 AM] Emily Rosenberry:
http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

[8:07:11 AM] Tommy Seilheimer: Thanks Emiy

[8:07:23 AM] Sandra: get them active for a long time

[8:07:50 AM] Sandra: not just for a "paid session" in a fitness club

[8:08:15 AM] Sandra: gateway to traditional sport :)

[8:08:52 AM] Sandra: more fun, people do it longer and they love it, they will do more

[8:09:03 AM] Sandra: you do not have to be fit, to start it

[8:09:19 AM] Alasdair Thin: WORKOUT not FUN!

[8:09:48 AM] Sheryl: Exergames- A novel exercise program that combines exercise with electronic technology that is engaging in such a way to improve ones overall health and fitness (my humble attempt)

[8:10:13 AM] Gamercize UK: Perceived effort of exergaming < same energy expenditure traditionally

[8:10:36 AM] Sandra: prevention: you can reach people who you could not reach with "fitness" and "sport"

[8:11:09 AM] Interactive Fitness and Exergame Network: Ill copy your definition Sheryl

[8:11:34 AM] Tommy Seilheimer: When our company describes "what is Exergamng" to someone who doesnt know what it is we tell them it is "Videogame Disguised Fitness" - Teachers and Parents get it.

[8:11:57 AM] Sandra: @tommy i did not understand

[8:12:26 AM] Gamercize UK: Videogame Disguised Fitness - like it

[8:12:47 AM] Sandra: Disguised is a difficult english word

[8:13:03 AM] Sandra: Videogames hide Fitness , people would better understand

[8:13:43 AM] Gamercize UK: Videogames hide Fitness is not right

[8:13:55 AM] Gamercize UK: exergamine use videogames to hide fitness

[8:13:59 AM] Sandra: find easier words

[8:14:34 AM] Interactive Fitness and Exergame Network: games are competitive, as in sport

[8:14:52 AM] Tommy Seilheimer: Tracking is HUGE...we think its the next big step for the Exergaming. Even tracking health statistics can be made fun for a group class which motivates participants to acheive set goals.

[8:15:13 AM] Interactive Fitness and Exergame Network: yeah it should be TOMmy

[8:15:22 AM] Interactive Fitness and Exergame Network: biometric feedback

[8:15:44 AM] Sandra: we have one tool for this in germany: <http://myvitniss.de/>

[8:16:00 AM] Sandra: combined with the bodyracer (add to a exerbike)

[8:16:15 AM] Interactive Fitness and Exergame Network: interesting Sandra

[8:16:59 AM] Emily Rosenberry: While at Gopher, we had a similar conversation when defining the category name for these products. The outcome at Gopher was such that "Exertainment" was the overarching name and "interactive fitness" and "exergames/exergaming" were subcategories. Any sort of product (such as the Makoto) that did not have a game console nor a video screen was considered "interactive fitness", any product with a video screen (and/or was dependent on a game console) fell within the "exergaming" subcategory. The requirements for a

product to be categorized as exertainment were: 1. included a technological component (electronics), 2. that it was entertaining to the user and 3. It produced an elevated heart rate for the user.

[8:17:33 AM] Tommy Seilheimer: nice Emily, thanks for sharing!

[8:18:04 AM] Interactive Fitness and Exergame Network: great Emily. Ill copy that to the PDF

[8:18:14 AM] Sandra: maybe we should ask Kevin about "Exertainment"

[8:18:24 AM] Sandra: I am not sure, but nintendo owns it

[8:19:17 AM] Interactive Fitness and Exergame Network: Ill have a close look at your site after the discussion Mark, very interesting

[8:20:25 AM] Sandra: Universall Accessible Games (www.ua-games.gr)

[8:20:38 AM] Gamercize UK: Interesting Emily that user exeperience is included in the Gopher definition

[8:21:13 AM] Gamercize UK: Obviously I like the definition and split here :)

[8:23:05 AM] Sandra: exertainment is also used for using TV while doing fitness

[8:23:40 AM] Sandra:

<http://fitnessmanagement.com/articles/article.aspx?articleid=2292&zoneid=13>

[8:23:58 AM] Sandra: Exertainment. Exertainment options are traditional exercise pieces that have a television screen or other technology device that allows the user to be entertained while exercising. Examples include iPods and cardio equipment with TVs.

[8:24:58 AM] Gamercize UK: Exertainment TM =

<http://tess2.uspto.gov/bin/showfield?f=doc&state=4007:uuuo5e.2.4> (taken by Life Fitness)

[8:25:32 AM] Interactive Fitness and Exergame Network: its trademarked by Life Fitness, hmm...

[8:25:47 AM] Tommy Seilheimer: most people will relate this to ipod and running

[8:26:36 AM] Interactive Fitness and Exergame Network: Interactive Fitness (parent term), then Exergaming and Exertainment (sub-groups)

[8:26:53 AM] Tommy Seilheimer: (y)

[8:26:59 AM] Sandra: entertainment, is used for TV in Germany

[8:27:21 AM] Sandra: = coach potatos

[8:31:40 AM] Tommy Seilheimer:

<http://www.macmillandictionaries.com/wordoftheweek/archive/071211-exergaming.htm>

[8:31:58 AM] Interactive Fitness and Exergame Network: collins dictionary as well

[8:32:04 AM] Tommy Seilheimer: wow

[8:35:26 AM] Tommy Seilheimer: thats me!

[8:36:28 AM] Sandra: does nintendo use "exergaming" ?

[8:36:54 AM] Gamercize UK: no they dont sandra, but the have been labeled as exergaming by media reports and its stuck

[8:37:17 AM] Sheryl: exergaming VS exergames

[8:37:27 AM] Sheryl: gaming also means shooting animals and gambling

[8:37:39 AM] Sandra: oh

[8:38:07 AM] Gamercize UK: 261.9 million video game units sold in 2008.... how many ducks were shot?? :)

[8:38:11 AM] Emily Rosenberry: I bring that up simply for discussion, I'm not indicating/advocating that video games (and associated technology) will become obsolete :)

[8:38:13 AM] Interactive Fitness and Exergame Network: Exergaming Sheryl, defining 'Exergames' is another can of worms :P

[8:38:28 AM] Tommy Seilheimer: very good pints

[8:38:31 AM] Tommy Seilheimer: points

[8:38:34 AM] Sheryl: no worms here...sorry....

[8:38:49 AM] Interactive Fitness and Exergame Network: lol

[8:39:00 AM] Gamercize UK: shot them all?

[8:39:37 AM] Sandra: depends on the counrtry

[8:40:45 AM] Sheryl: ME TOO!!!

[8:42:18 AM] Sandra: the media uses this: that the reason is now the solution

[8:42:22 AM] Sandra: great for marketing

[8:43:52 AM] Sandra: in germany it would be first sport instead of fitness

[8:44:52 AM] Tommy Seilheimer: <http://www.idancegame.com/>

[8:45:01 AM] Tommy Seilheimer: <http://www.positivegaming.com/>

[8:45:43 AM] Sandra: over 300 sold to schools in norway ?

[8:45:49 AM] Tommy Seilheimer: <http://www.pulsefitness.com/>

[8:46:38 AM] Interactive Fitness and Exergame Network: A discussion about business models for Exergaming is a CRTICAL topic for a future skype session

[8:46:57 AM] Tommy Seilheimer: I agree on that discussion.

[8:47:09 AM] Gamercize UK: Agreed - pay per connect skype session on funding etc

[8:47:10 AM] Interactive Fitness and Exergame Network: perhaps you can host that one Tommy?

[8:47:14 AM] Interactive Fitness and Exergame Network: :P

[8:47:27 AM] Tommy Seilheimer: sure..I can have some key people in on that call with us :)

[8:47:53 AM] Interactive Fitness and Exergame Network: great....think about a date for that one

[8:48:01 AM] Tommy Seilheimer: Will do!

[8:48:45 AM] Alasdair Thin: http://www.scifiscoop.com/wp-content/uploads/2008/12/bruce_boxleitner_tron.jpg

[8:49:14 AM] Interactive Fitness and Exergame Network: new Tron movie coming out sometime soon by the way :)

[8:49:21 AM] Tommy Seilheimer: <http://www.youtube.com/watch?v=I6jfm0hq0bk>

[8:49:28 AM] Tommy Seilheimer: Cant wait!

[8:49:37 AM] Interactive Fitness and Exergame Network: ...:D

[8:50:47 AM] Emily Rosenberry: yes, we have a research project in Norway involving 100 schools

[8:50:59 AM] Emily Rosenberry: and will therefore have 100 systems installed...

[8:51:15 AM] Emily Rosenberry: with the intention of adding many more Norwegian schools over time...

[8:51:25 AM] Interactive Fitness and Exergame Network: fantastic project Emily!!

[8:51:40 AM] Interactive Fitness and Exergame Network: over 2 years I believe?

[8:51:42 AM] Emily Rosenberry: and also one in the US & in the UK ;)

[8:51:49 AM] Interactive Fitness and Exergame Network: brilliant

[8:51:50 AM] Sandra: wow

[8:51:54 AM] Tommy Seilheimer: ;)

[8:51:55 AM] Emily Rosenberry: yes, over a 2 year period

[8:52:35 AM] Sandra: :)

[8:52:38 AM] Sandra: like at my home

[8:52:48 AM] Sandra: we have a big sporthall but not much used

[8:54:05 AM] Interactive Fitness and Exergame Network: Should or could the UK spearhead a long term movement to get Exergaming classified as a sport?

[8:54:42 AM] Sandra: First question is: in the country: is it possible to get something official as sport ?

[8:54:57 AM] Interactive Fitness and Exergame Network: Perhaps Norway would be better placed due to classifying Machine Dance as a sport

[8:54:58 AM] Sandra: Well, in Germany it is not possible to get something official as sport

[8:56:00 AM] Sandra: DDR: official Dance sport (IDO)

[8:56:04 AM] Tommy Seilheimer: <http://www.machinedance.nl/>

[8:56:07 AM] Tommy Seilheimer: Yes Emily

[8:56:45 AM] Sandra: yeah

[8:56:49 AM] Sandra: we have some in germany

[8:56:53 AM] Mark Martens: Compelling exergames WILL become sports.

[8:58:19 AM] Sandra: no

[8:58:26 AM] Sandra: atari was earlier

[8:59:27 AM] Sandra: machine dance => IDO

[8:59:27 AM] Gamercize UK: DDR is an implementation of Machine Dance

[9:00:14 AM] Sandra: I use machine dance / DDR :)

[9:00:34 AM] Sandra: 3D games

[9:00:46 AM] Gamercize UK: <http://www.mlgpro.com>

[9:00:47 AM] Sandra: 3D camera games

[9:01:05 AM] Sandra: not found the url

[9:01:06 AM] Interactive Fitness and Exergame Network: dead link mate

[9:01:14 AM] Emily Rosenberry: add a w

[9:01:30 AM] Interactive Fitness and Exergame Network: <http://www.mlgpro.com/live/2009/dallas>

[9:02:12 AM] Sandra: what is mlgpro?

[9:02:22 AM] Interactive Fitness and Exergame Network: gaming league

[9:02:35 AM] Interactive Fitness and Exergame Network: esport

[9:02:40 AM] Sandra: I was asked to find an exergame for eSport

[9:02:50 AM] Sandra: we are going to add it in germany

[9:02:55 AM] Alasdair Thin: http://www.ausport.gov.au/__data/assets/pdf_file/0015/305061/2009-13_NSO_recognition_eligibility_criteria.pdf

[9:02:58 AM] Sandra: but I still have not find an exergame

[9:03:07 AM] Alasdair Thin: http://www.ausport.gov.au/supporting/nso/asc_recognition

[9:03:25 AM] Gamercize UK: > <http://www.mlgpro.com/live/2009/dallas> thanks Emily and Tommy :)

[9:04:24 AM] Gamercize UK: Brett I mean :)

[9:04:29 AM] Interactive Fitness and Exergame Network: It would be wonderful to have a 'spearhead', best practices, exergaming (game)

[9:05:30 AM] Tommy Seilheimer: (y)

[9:05:37 AM] Interactive Fitness and Exergame Network: (y)

[9:06:01 AM] Gamercize UK: 8-

[9:07:06 AM] Tommy Seilheimer: good marketing idea!

[9:07:15 AM] Sandra: did not understand it

[9:07:39 AM] Interactive Fitness and Exergame Network: fantastic discussion, thank you Richard

[9:07:48 AM] Interactive Fitness and Exergame Network: Ill add the transcript of this to the wiki

[9:07:50 AM] Mark Martens: Thanks Richard.

[9:07:53 AM] Emily Rosenberry: yes, thanks Richard!

[9:08:12 AM] Interactive Fitness and Exergame Network: Ill add an amended PDF and editable word doco

[9:08:19 AM] Mark Martens: Can I ask others on the conference to exchange Skype details?

[9:08:20 AM] Tommy Seilheimer: (dance)<Emily on "Machine Dance"

[9:08:20 AM] Alasdair Thin: Great discussion - thanks - kept me up past midnight

[9:08:33 AM] Emily Rosenberry: exactly!!

[9:08:52 AM] *** Call ended ***

[9:09:08 AM] Gamercize UK: Thanks all, goodnight (or good morning)

[9:09:10 AM] Sheryl: I really enjoyed the discussion. Thanks for allowing me to listen

[9:10:00 AM] Interactive Fitness and Exergame Network: Ty Sheryl.....discussion officially terminated :)