

## 5 straight facts about Video Games and Fitness

**Active video games have gotten very popular. These are games like Wii Fit™ or Gold's Gym Cardio Workout or Kinect™ XBox 360®. You can find them in family living rooms or school gyms. But do these games help you get fit? The answer: It depends!**

### 1. Get moderate exercise.

You will burn calories playing active video games. And you will burn more than if you just sat and watched TV. This isn't just a company claim. Independent researchers studied this. But not everyone expends the same amount of energy. It varies a lot from person to person. Overall, playing active video games burns as many calories as moderate walking.

### 2. Start moving slowly and in private.

Video games allow you to ease into activity. This is good for people who haven't been active for a very long time. Older adults or sedentary folks need to build their confidence doing physical things. With video games, they can do this in private at home. They may learn that they enjoy moving their bodies in different ways.

### 3. Be wary of video game measurements.

Some video games calculate your BMI (Body Mass Index). Others tell you how many calories you have burned. But some experts think these numbers may be wrong. For example, there are different ways to calculate BMI for adults and children. Some video game BMI calculators may be wrong for children.

### 4. Play active video games regularly to see benefits.

Most studies of active video games are not done in "real life," so we don't know if they have benefits in the long run. One study of families that use Wii Fit™ showed that fitness improved in the beginning. But over time, the family used the Wii less and fitness declined.

### 5. There's nothing like outdoor play.

For years, parents have told their kids to "go outside and play!" Research confirms the wisdom of this advice. Studies show that outdoor activity is good for your body, brain and mood.

