

Wii masks exercise as play

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SAN FERNANDO, LA UNION, October 2009 --- Lorma Medical Center recently integrated the use of the *Wii Fit*, a video game exercise developed by Shigeru Miyamoto of Nintendo, as part of its rehab treatment sessions.

Patients recovering from strokes, broken bones, surgery and even combat injuries can use the *Wii* exercises to build arm strength, enhance reflexes, and hand-eye coordination. Children with disabilities, i.e. hemiplegic cerebral palsy, can use *Wii* to exercise weaker limbs.

Wii Fit is a new interactive game exercise that allows a person to play and workout at the same time. The *Wii* considers the player's age, weight, height, and body mass index. As the player stands on the Balance Board or the *Wii* console, *Wii* checks the player's center of balance, which is directly tied to the performance of their chosen activity. Then the player's real-life movements are captured and brought to life on screen. Hand-held motion sensors allow the player to mimic the motions in sports like tennis, bowling, boxing, dance, yoga, and the like. The game is virtual, but the physical exertion is very real. *Wii* offers game exercises that fall under four categories: balance, strength, aerobics and yoga.

Other benefits of *Wii* include the following:

1. Weight loss for obese children,
Unlike traditional hand-held video games, where users sit on the couch exercising little more than their thumbs, *Wii* put users in action by virtually playing the game.
2. Low impact exercise for the elderly,
Exercise is strenuous but with the *Wii*, players get the workout without that negative feeling
3. Combination of fitness and fun,
4. Development of inner competitiveness.
Players focus on beating the opponent, instead of focusing on the pain of exercise.



Patients think the *Wii Fit* is for entertainment, but for rehab people it's for therapy. Nevertheless, one thing is sure, the *Wii* is changing the way physical therapy clinics conduct their rehab sessions- even here at Lorma. Lorma Medical Center is the first hospital in the Philippines to adopt the use of *Wii Fit* in its rehab center.

For further inquiries about *Wii Fit*, call Lorma Medical Center's Physical Therapy & Rehab Center at 072-700-0000 local 130. **LMC Marketing Department**