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3/31: Health Blog: Nintendo Wii Fit: A Fitness Trend?



By Jennifer Brown

Twenty-three months ago, Nintendo Wii Fit changed how people exercise. Instead of going outdoors or to the community gymnasium, people could now exercise in the comfort of their own home.

The idea of the game is to help achieve weight goals. It tracks such things as BMI (Body Mass Index). It offers numerous games to increase strength training. It also offers yoga and [aerobics](#) for those that want different venues of exercise in their routine.

Let's face facts. There's been a lot of talk of whether or not the Wii fit will get you into shape. The answer—yes, if you choose to do it. It has games that will allow you to run, jump or ski. The Wii fit comes with equipment that aids the Wii's workout games. These games will practically work every muscle in your body if you use them routinely.

With the Wii fit, [you're getting four types of exercise](#). Boxing is included in this and is one of the best sports you can play if you want to lose weight. You can also play balance games, which, among other games, will improve muscle tone.

The Wii fit might as well become your personal trainer. You're the one in control of how much you exercise, however. If you want results, the Wii fit will give them to you. It has games such as bowling, golf and baseball. It has outdoor and Olympic games that will work you until you're ready to quit.

If you don't want to feel limited in your exercise, then try [Wii fit](#). Many gyms will focus on one exercise routine. If this isn't working for you, then try the Wii fit. It seems to be the fitness trend that's gaining popularity.

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