

## Wii Fit Plus Workout Guide

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In Wii Fit Plus, the balance and aerobic exercises are presented as games; a virtual personal trainer leads the yoga and strengthening exercises. A ten-week Australian study compared the exergaming experiences of ten women aged 30-58; the control group continued with their usual activities while the intervention group used the Wii Fit software package for 30 minutes during 2 weekly sessions [4].

Wii Fit Plus Manual Wii Fit is an exergaming video game designed by Nintendo's Hiroshi Matsunaga for the Wii home video game console. It is an exercise game with several activities using the Wii Balance Board peripheral. As of March 2012 Wii Fit was the third best selling console game not

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Chapter 1 Getting Started In This Chapter Getting acquainted with Wii Fit Plus Preparing your Mii Using the Balance Board and other controls Navigating the Wii Fit Plus software A fter you make the decision to incorporate Wii Fit Plus into your healthy lifestyle, the first step is to set up the

system.

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It can change how you exercise, how you balance and even how you more. Designed for young an old. This board is the perfect solution for the active gamer, made of high quality material. Compatible with training modes on WII Fit like Yoga, balance games, aerobic and many more. ?. ?.

29/3/2012 · Because Wii Fit isn't so much a game as it is a workout tool (albeit with game-like elements), our guide will focus more on providing an overview and pointers for each exercise than it will on ...

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