

LILRC Gaming Equipment

Nintendo Wii Fit

Cost: \$89.99 (varies)

Includes: Wii Balance Board, Wii Fit (Disc) and 4 leg adjusters.

Website: <http://www.nintendo.com/wiifit>

FEATURES

Wii Balance Board

The Wii Balance Board™ accessory was created from the ground up to work with Wii Fit. It's an innovative peripheral for Wii that's simple, fun, and it's a great way to get you off of the couch and into the action. The Wii Balance Board is more than just a scale — it can read your real-life movements and bring them to life on screen, just like the Wii Remote™ controller. Realistically snowboard down a mountain or walk a tight rope—it's just one more way to get into the game.

Wii Fit (Disc)

Wii Fit includes four training modes and more than 40 exercises and activities designed to help improve body balance and fitness.

Training modules include:

- Yoga— includes tree pose, warrior half moon and deep breathing.
- Balance Games— includes soccer heading, ski slalom, ski jump, and table tilt.
- Strength Training— includes single leg extension, torso twists, push-up and side plank, jack-knife and lunge.
- Aerobics— includes hula hoop, basic step, basic run, and 2 people run.

Wii Fit is a combination of fitness and fun, designed for everyone, young and old. By playing Wii Fit a little every day, you, your friends, and your family can work towards personal goals of better health and fitness.



For a product reviews, please visit CNET Reviews at <http://reviews.cnet.com>

For additional information, please contact the LILRC office at 631-675-1570 or visit the LILRC website at www.lilrc.org

**21 Day
Loan Period**