

GAMING PORTAL

California Library Association 2008

Wii Fit

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

The Wii is a game console that connects to your TV. Games are played using a remote control that comes with the console. Some games require additional accessories. The console doesn't require batteries. The remotes use 2 AA batteries. The Wii console is available for around \$350.

Wii Fit is a game you purchase separately that comes with a balance board for around \$130.

To play Wii Fit:

- ▶ Insert the Wii Fit disk into the console, and follow onscreen instructions using the remote to point to choices and by pressing A (clear round button) on top of the remote to select your choice and move to the next screen.
- ▶ *Please put the remote strap on your wrist and tighten it before starting play!*

The first activity checks height, weight and balance to set a baseline. Once that is done you choose from Yoga, Aerobics, Strength Training and Balance Games. The Wii keeps track of your activities and tracks your progress even letting you set fitness and weight goals for yourself.

After you complete an exercise, you can either retry or quit which will take you back one menu to choose a new activity.

Use **Trial Mode** (lower right icon) from the Wii Fit Plaza on the main screen to try Wii Fit without creating a profile.

A few useful tips to remember:

- ▶ The + button allows you to pause in **Body Test/Training** and then resume.
- ▶ The - button allows you to change exercise mode.
- ▶ The **B** button on the back of the remote acts as Back or Cancel
- ▶ If you accidentally hit the home button, it's best to click **Close** instead of **Reset** or **Wii Menu**.

To play Wii Winter Sports:

- ▶ Insert the Wii Winter Sports disk, and follow on screen instructions using the remote to point to choices and by pressing **A** (clear round button) on top of the remote to select your choice and move to the next screen.
- ▶ *Please put the remote strap on your wrist and tighten it*
- ▶ *You'll need to attach a nunchuck for some of the activities*
- ▶ When in doubt of what to do, try pressing the **A** button.
- ▶ You can choose from Alpine Skiing, Speed Skating, Ski Jumping or Cross Country in the single events or if you have time, go for the 15 event competition.