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Christina T. Loguidice
Bill Loguidice

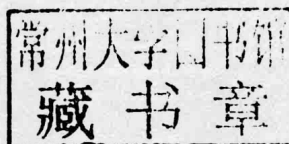
American Fitness Training of Athletics
(AFTA) Certified Personal Trainers



Wii™ Fitness FOR **DUMMIES®**

by Christina T. Loguidice
Bill Loguidice

American Fitness Training of Athletics (AFTA)
Certified Personal Trainers



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In addition to his impressive credentials in technology, Bill is an American Fitness Training of Athletics (AFTA) Certified Personal Trainer. He has been a dedicated fitness enthusiast for more than 20 years and is uniquely positioned to combine the benefits of a healthy lifestyle with videogames.

Dedication

Christina Torster Loguidice: I dedicate this book to my husband, Bill. Few people get to work on a project of this scope with their best friend, and I truly feel blessed to have this opportunity. I also dedicate this book to our girls, Amelie and Olivia, who fill our lives with unimaginable love and ensure that there is never a dull moment. Finally, I dedicate this book to my parents, Ulla and Wolfgang, and my sister, Brigitta, who have always believed in me and been my cheerleaders.

Bill Loguidice: I would like to dedicate this book to my family, including my amazing wife, Christina, my beautiful daughters, Amelie and Olivia, and of course my parents, Jody and Bill, and sister, Alicia, whose enthusiastic support for my work is always appreciated.

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Introduction

Exercise and gaming — who thought the twain would ever meet? At least not until *Wii Fit* came along. Sure, there were other fitness titles on other platforms prior to the Wii, but Nintendo's console really helped bring the genre mainstream. Why is this? Well, for the first time, there was a way to accurately track even subtle body movements and provide feedback in real time. *Wii Fit* was engaging, giving you the sense that a personal trainer was right there with you, and you weren't just haphazardly mimicking actions observed onscreen while a lifeless automaton cycled through the same repertoire of encouragement.

Certainly, as with all things, there are skeptics. Some may even smirk upon seeing a "videogame" book categorized as a fitness title, but those folks likely never gave "exergaming" a try or are hardcore fitness enthusiasts who spend hours pumping iron or putting the treadmill to its paces at the gym. There is certainly nothing wrong with that, unless taken to the extreme, but even if we wanted to, most of us simply don't have the time or resources to devote to that type of lifestyle. For us, exergames can be a great and fun way to make regular physical activity a part of our lifestyle, rain or shine.

We concede that some fitness titles are certainly better than others at yielding results and offering guidance and feedback, but we believe if you try any of the games covered in this *For Dummies* book—*Wii Fit Plus*, *EA Sports Active: Personal Trainer*, *Jillian Michaels Fitness Ultimatum 2010* — you will feel like you are doing your body good (be sure to turn to Chapter 14 to get a glimpse of even more games). Time is exceptionally precious in this harried world, and our goal is to help you make the most of the time you devote to these Wii fitness titles.

Conventions Used in This Book

Our objective is to help you get away from some of your conventions of daily living — those things that you do day in and day out — by helping you incorporate Wii fitness in your life. To facilitate this, we use *conventions* throughout this book. Although it seems ironic using conventions to get away from conventions, consistency is important when it comes to writing, especially when the objective is to provide an instructional guide.

To lead you on your Wii fitness journey, we always refer to exercises the way that the manufacturer does, even if its title seems a little off. For instance, we cover *Tricep Extension* and *Jumping Jack* in Chapters 3 and 11, respectively, even though these are more commonly referred to as *Triceps Extensions* and *Jumping Jacks*. This allows you to easily identify the exercises covered in the software in this book.

Whenever any of the equipment is mentioned, such as the Balance Board, Wii Remote, Leg Strap, and Resistance Band, these items are capitalized. This allows you to more readily identify any necessary equipment when skimming sections of the book.

We also use the word *click* quite a bit throughout, such as click the A button or click the Next button. The Wii Remote functions much like a computer mouse and the word *click* best describes the required action. Last, whenever we provide you with URLs for Websites, these appear in monospace font, ensuring they stand out. After all, these URLs are important to help you troubleshoot any issues with your equipment or to expand on the software's offering, allowing you to boost your Wii fitness potential.

Why You Need This Book

In discussing *Wii Fitness For Dummies* with family, friends, and other individuals, some questioned, "Do you really need a book for that?" If you are reading this section, you are no doubt wondering this yourself. After all, these games generally have easy-to-navigate interfaces and do a great job of guiding you through each activity by demonstrating movements and providing feedback, making a *For Dummies* book seem superfluous. Although this book does provide you with a reinforcement of what the games already do well, its scope goes well beyond that.

Contained within these lovingly crafted pages, you also find tips on optimally performing the activities and navigating menus, suggestions for alternatives or variations on the exercises, additional routines, and countless useful figures and tables for quick reference. We also delve into exercise theory and physiology, dispelling common myths and noting how these activities can benefit your body. Most of the activities offered in each of the titles we cover, namely *Wii Fit Plus*, *EA Sports Active: Personal Trainer*, and *Jillian Michaels Fitness Ultimatum 2010*, are common exercises. Our goal is to give you a solid understanding of how to perform these activities so that you are confident in your ability to perform the exercises even without the guidance of your Wii.

How to Use This Book

Unlike works of fiction or other narratives, this book does not have to be read in a linear fashion or in totality for that matter. Each section stands alone, and some parts may be more useful to you than others because this book covers three distinct fitness titles, some of which you may not own. Identifying the parts that are most relevant to you is a breeze thanks to the *For Dummies* style. Each chapter contains many subsections, each of which is outlined in the book's comprehensive table of contents, and every chapter features an "In This Chapter" introduction, which includes a bulleted list of the chapter's scope. With this setup, you are never left wondering what's covered. If you still can't find what you're looking for, turn to the index, where you can search for a topic alphabetically instead.

As for more specific uses, if you have just purchased one of the titles covered in this book, consider going through the part of the book devoted to that title before popping the program into your console. If you don't have time to read that entire section, at least glance at the Getting Started chapter for that program, which will give you a good sense of what to expect from the game and allow you to make the most of the program from the very beginning. For example, when playing *EA Sports Active: Personal Trainer*, you may be tempted to use a Guest Pass the first time you play, but if you read Chapter 7, you find out why it makes sense to establish a fitness profile from the get-go.

You can also use this book to get a quick overview of an exercise. Although you will want to watch any tutorial videos before performing an activity for the first time, you may not want to watch them subsequently. You can use this book to get a quick overview of an activity before performing it; for instance, if you forgot an arm or foot placement.

Finally, having three fitness titles outlined in one book allows you to easily compare activities and capabilities between the different games. This can be handy if you own multiple titles, as it can facilitate deciding which game you want to work out with at any given time. It can also help you decide whether to purchase one of the games you don't yet own. So dig in, digest, and enjoy.

Foolish Assumptions

Whether your exercise bike is collecting dust or you are already a fitness enthusiast, we assume that you bought this book because you are looking to incorporate Wii fitness in your life. Our goal is to help you achieve this, no

matter how much or how little guidance you need. For Wii or exercise novices, there is support throughout this book on navigating the software and performing the exercises. On the other hand, for those more experienced in either area, there are countless tips, scoring and gameplay information, exercise variations, and other fitness and Wii tidbits that may help enhance the Wii fitness experience.

Although some of the activities in the book do not require a Wii Balance Board, and many of the activities in each of the three software titles covered here — *Wii Fit Plus*, *EA Sports Active: Personal Trainer*, and *Jillian Michaels Fitness Ultimatum 2010* — could be performed even without a Wii, we assume you either own a Balance Board or are looking to invest in one, as it greatly expands your Wii fitness options.

How This Book Is Organized

This book is divided into four parts; the first three cover a popular fitness title for the Wii. The fourth is the Part of Tens, a staple of *For Dummies* books; it provides an overview of fitness accessories and other exercise titles available for the Wii. Each part consists of several chapters, all of which have multiple subsections. To find the information you need, you can simply skim chapters, refer to the table of contents, or peruse the index. Of course for maximum benefit, you can also read chapters in their entirety, which we hope you will.

Part I: Wii Fit Plus

Part I consists of six chapters. Chapter 1 provides you with an overview of *Wii Fit Plus*, including everything you need to know to get started, such as familiarizing yourself with the Balance Board and navigating the menus. Chapter 2 details the series of body tests that you will be asked to perform to establish a baseline and monitor your fitness progress. The remainder cover each exercise category offered by *Wii Fit Plus*, including yoga, balance games, strength training, and aerobics.

Part II: EA Sports Active: Personal Trainer

Part II, which starts with Chapter 7, gives you the information you need to get started. It examines the equipment that comes with this title, including the Resistance Band and the Leg Strap, and covers how to navigate the menu,

establish your fitness profile, use the fitness journal, and more. Chapter 8 covers the available exercises, which are broken out by upper body, lower body, cardio, and sports activities. The last chapter covers the routines, from selecting preset to customizing your own; we even give you a few specialized routines that you can try.

Part III: Jillian Michaels Fitness Ultimatum 2010

Some may wonder why we decided to include this title in the book, especially since its predecessor, *Jillian Michaels Fitness Ultimatum 2009*, received rather poor reviews overall. Certainly this game is not of the same caliber as *Wii Fit Plus* or *EA Sports Active: Personal Trainer*, but it offers a unique approach to working out with its less traditional exercises and more ballistic activities, such as swing kicks and water pump. Part III starts with an overview of this title, including navigating the menus, creating your character, enrolling in the Hell-week style boot camp, and tracking your stats. The second chapter in this section reviews the training options and discusses how to determine your regimen based on your objectives. The final chapter provides an overview of all the exercises.

Part IV: The Part of Tens

Part IV includes two chapters. The first, Chapter 13, gives an overview of the fitness and other accessories that you may want to consider to enhance your workouts, covering everything from exercise mats to wireless Nunchuks. Chapter 14 offers a glimpse of ten other fitness titles for the Wii that you may want to consider adding to your Wii fitness library.

Icons Used in This Book

In the left-hand margins of this book, you notice one or more icons, each of which has a distinct purpose and is vying for your attention. The three icons used are as follows:



As the name implies, this icon draws attention to information that you can make use of. It generally involves an action item, such as how to perform an activity or an alternate technique you can consider.