

# Fitness Made Easier

## Play Your Way To Better Health



**Take a flyer on indoor exercise and adventure with a new game.**

(NAPSA)—According to the U.S. Centers for Disease Control and Prevention, adults need at least 2½ hours of moderate-intensity aerobic activity every week, plus muscle-strengthening activities on two or more days per week.

Fortunately, getting the exercise you need can be a lot more fun than you may realize.

That's because the latest technology lets you simply step in front of a sensor and the Kinect for Xbox 360 sees you move, hears your voice and recognizes your face. See a ball? Kick it. Say play, and your movie starts instantly in full HD. Want to join a friend in the fun? Simply jump in. There's no controller required.

The system uses a sensor to track your body movements, gestures and facial expressions. It can even understand your voice. This lets it provide new ways to interact with entertainment where you use all parts of your body. It also works with Xbox LIVE to let you interact with movies, music and TV shows with the wave of your hand or the sound of your voice.

Exciting sports challenges include skiing, horseback riding, hang gliding, football, soccer and boxing. With "MotionSports" for the Kinect, your performances are broadcast on the in-game TV channel, with live commentators



**Personalized exercise instructions can be easy to acquire.**

discussing every challenge with a humorous tone including your hits...and misses.

Another fun way to stay fit is with the "Your Shape: Fitness Evolved" game. You can burn calories your way—choose a personal trainer to help you meet your specific fitness goals, take a yoga or martial arts class or play family-friendly minigames. The game keeps track of your stats, such as calories and scores. As you exercise, you'll receive specific feedback on your every move, thanks to the game's real-time precise tracking system.

You control the game intuitively with your voice and body. As you master the fitness moves, the game responds with fun and surprising visuals that match your movement and impact. The better you perform, the more you are rewarded with interactive effects such as paint, water, light, fire, confetti and more. You may have so much fun you won't even notice how hard you're working until you see the results.

The game, designed for Kinect on the Xbox 360 video game and entertainment system from Microsoft, comes with hundreds of exercises.

### Learn More

These games can be found wherever games are sold or online at [www.ubi.com](http://www.ubi.com).