

## How an Exercise Physiologist can help you Stay in the Game

The Stay in the Game Challenge was created in order to encourage older Australians to play video games to increase exercise, fun and friendship with friends and family. An Exercise Physiologist (EP) can assist with finding and prescribing games and equipment that will support you with the more physical games and encourage you to keep fit during the Challenge. They will be able to incorporate video games into a care plan if you need to manage a medical condition or an injury, or if you are simply looking to keep fit.

Which gaming devices can be used for physical fitness?

### Nintendo Switch

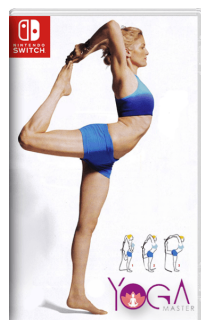
The new Nintendo Switch is a versatile gaming device that has games for individuals, group play and physical fitness. It features the console and 2 controllers that have additional attachments, depending on the chosen game. The different attachments for physical fitness include:

- Nintendo Ring Con - A large ring with handles either side that you grip onto. Pushing and pulling actions test arm strength and grip strength
- Nintendo Switch Joy Con Wheel - A steering wheel that you use to play racing games, involving movement of the upper body
- Wrist bands for the controllers - Wrist bands that the controllers attach to, so that you don't need to hold them in your hand
- Tennis racquet - Small tennis racquets for tennis games that the controllers attach to, for upper body movement. Can be played sitting or standing, whichever way is more comfortable for you

The Nintendo Switch fitness games are low impact and easily adaptable to every player's needs. An EP can help you choose which games are right for you, they can help you set up the games and tailor the settings and levels to your needs. A Nintendo Switch is similar to the older model Nintendo Wii, if you have access to a Wii an EP will be able to tailor an exercise plan including that as well

A list of Nintendo Switch games for physical fitness:

Yoga Master



Ring Fit Adventure



Just Dance



Mario Kart



Instant Sports

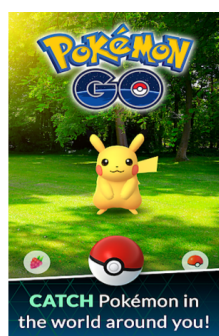


## Tablet or Phone

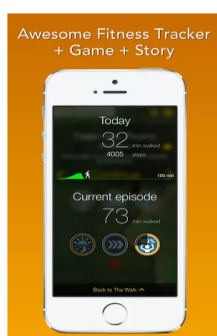
Portable devices such as iPads, tablets and phones have games that can keep you physically fit. An EP can help you choose which games are appropriate for your fitness level and your ability. Most games for physical activity on your portable devices encourage you to go for walks to improve your mobility. If you need assistance with your mobility e.g. in the form of a walker or walking stick, an EP will be able to determine how long you may be able to play for at a time, as well as how far you may manage to walk with each play. They can also set goals for you to help get you walking even further!

A list of games for tablets and phones for physical fitness:

Pokemon Go



The Walk Fitness Tracker



Walkr: Space Fitness Adventure



An EP will be able to use the games suggested above to create a workout plan suited to your needs. These are just some examples of games that will help improve your physical fitness. There are many options available, and more examples can be found at <https://www.stayinthegame.achgroup.org.au/>