

Nintendo Wii-Fit + Vitalyz

Seated Exercise



Nintendo advertise the Wii Fit can change how you exercise, how you balance and even how you move. Players stand on the balance board for the machine to analyse their stance, weight etc. and calculate a Wii Fit 'age'. Each player inputs a personal profile for their Wii Fit character (Mii) and the machine records all their workouts for up to 1 year.

The board 'reads' users real-life body movements and portrays them as images on the TV screen which is both realistic and fun.

Q) But what about people who are unable to stand?

A) Vitalyz have discovered how chair-based persons can use the Wii Fit.

Vitalyz are sharing these instructions to encourage less able people to try technology. Whilst this document is available for FREE, please credit Tony Duke of Vitalyz, if quoting any of this information.

Vitalyz invite you to follow the instructions below to calibrate the balance board so it is 'hyper' sensitive. This way, when players gently shift their body weight to apply slight pressure through their feet, they can experience similar beneficial outcomes.

How to set-up a Vitalyz 'Seated Mii'

The Wii Fit will prompt you to stand on the board. Ignore this and carefully follow these instructions:

- Pick a new character (guest)
- Answer NO to tips offered.
- Body Test = A
- Height = 1'8" (1 foot, 8 inches)
- OK
- Year of Birth = 1909
- Day and Month of Birth = 01/01
- OK
- Turn on the balance boards power button so a blue light comes on. This could be done with a walking stick, if you are gentle.
- Now you are told to step onto the board - **DON'T!**



"When the Wii Fit is calibrated as Vitalyz explain, the benefits for seated persons who use it are clear including general health, improving balance, lifting mood, social interaction and entertainment. "

Occupational Therapist

"It would be great if more people know about this because there are so many benefits for Care Home residents to participate in exercise - and to be able to work in such an interesting way will engage people that many traditional exercise programs fail to engage."

Care Home Mobility Consultant

Using 2 x 1.25kg weights, place one on either side of the board, in the position a players feet would be, if standing.



- Center of gravity = A
- Question on your clothing's weight = A
- Heavy = A

Remove the weights and place your feet on the board.

Keep your feet hip width apart, with knees over ankles and remain seated at all times.



- The machine now shows you your 'centre of gravity'
- BMI Results = A.
- Ignore that this says you are underweight = A
- Balance test = A. Shift body weight into the blue zones by using your feet
- Wii fit Age = 99. This will worry the machine, but ignore what it says.
- Enter goal weight loss = 0
- 8wks = OK
- No password

Vitalyz keep you updated

The Nintendo balance board games currently include tilting the table (to drop marbles into holes), skiing (slalom and jumping), walking a tight rope and even 'heading' footballs!

Chair-bound/less able people like to be active too!

Nintendo say that most basic activities involving the Wii

Balance Board are achieved using these positions.

Vitalyz like to think out of the box, so we do it sitting down!

Please contact the Vitalyz team with any questions

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