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## Wii Fit - progress

Posted by entertheatrix - 2008/05/04 13:35

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Bought Wii Fit yesterday. First tried it today.

My centre of gravity was good, if not slightly back, and I scored a fitness age of 21.

BMI was 26, classed as overweight. How, I don't know, but muscle is heavier than fat, still, lets see if this can take me down to BMI of 23 in the next 14 days (unlikely, since I go to the gym every week).

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## Re:Wii Fit - progress

Posted by mcfaddenben - 2008/05/05 09:09

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Impressive. I was almosy underweight with an age of 38. +14 years oin my normal gae

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## Re:Wii Fit - progress

Posted by Odnethin - 2008/05/06 11:56

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And I will have to steal this game off one of you...

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## Re:Wii Fit - progress

Posted by entertheatrix - 2008/05/06 17:10

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I got 20 yesterday. Just going to the gym, when I get back I'll do more wii fit.

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## Re:Wii Fit - progress

Posted by entertheatrix - 2008/05/09 06:40

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Day 5 yesterday, scored 26, mostly because I had a new test where I have to stand still. The screen shows your COG but then start moving the area, and I thought I had to follow it at first, so my balance sucked on that test.

Did 35 minutes and it told me to have a break, I just switched it off.

Press ups on the balance board are so bloody hard. The dimples press into your hands, and it strains your wrist. I generally use dumbells because you can hold on to the bars, and it doesn't strain your wrists.

Any improvements over 30 minutes / 5 days so far? None that I can tell.. A bit tender in the morning as usual, but no substantial changes.

Today I'll do another 30+ minutes, but I'm going to use a stop watch, because I'm not convinced the minute is an actual exercise minute.

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## Re:Wii Fit - progress

Posted by entertheatrix - 2008/05/11 17:26

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Yesterday I timed it.. Near enough, I think it rounds up, and I got 20, lost 4lbs.

Today, I got 20, gained 3lbs, probably because of the curry I had the night before, also crashed my bicycle, got a fair few bruises and cuts and dislocated my little finger. fortunately I don't really use it for typing.

I bombed it down a cycle path and my wheel turned independantly of the handle bars, and I took a big tumble. The problem is that I have to undo my handle bars so I can get the bike into the basement, I must not have dome them up tight enough.

Still, without a helmet I'm pretty happy with the result, I mean, I could have very easily have cracked my head open on the pavement or cut my face to pieces, or even landed in dog shit, but I didn't.

Let that be a lesson to all, make sure your bicycle is fit to cycle before you bomb it down a hill or something, and even then, wear a helmet.. I won't, I'm too cool for that, plus it's too hot, I'll just take things steadier from now on.

As for me, my knee hurts like hell and my bruises and cuts are sore. As a result, I'll probably miss a day of Wii Fit until I can stand without pain in my knee.

But anyway, my first week summary:

I started with a Wii fit age of 21, and since it's pretty much been 20 except that one time I was caught off guard with the standing still test. Has this improved my posture? Not really, but I'm more aware of how I'm standing and walking than I used to be. After gaining 3lbs, the game made me confront why I had gained it with a selection of fixed answers, such as snacking and ate too much. I guess admitting if you're snacking or eating too much is a good step on the road to fitness.

Has this generally improved my fitness? A bit soon to tell, results will show in about 2 months. Lack of any direction is a bad point, you're pretty much left to yourself to decide what you want to do and how much you want to do, which makes it difficult to achieve your targets.

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## Re:Wii Fit - progress

Posted by Odnethin - 2008/05/11 18:38

... Bombed?

You bombed it down a hill?

Dude, my friends say that, and their vocabulary mainly consists of words like "Innit geez man."

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## Re:Wii Fit - progress

Posted by enterthetatrix - 2008/05/11 20:05

How else would you describe it?

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## Re:Wii Fit - progress

Posted by mcfaddenben - 2008/05/12 18:56

Bombed is a good word. When we go biking you "bomb" over a jump.

Ben, what bike do you have ?

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## Re:Wii Fit - progress

Posted by enterthetatrix - 2008/05/13 16:40

x-rated it says on it.. It's charcoal black, suspension on the front, front disc break. 21 gears.

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## Re:Wii Fit - progress

Posted by enterthetrix - 2008/05/16 06:50

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Skipped 4 days due to bad knee, but continued last night. Age 20, gained 3lbs apparently. Did about an hour of exercise. I'll do more tonight.

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## Re:Wii Fit - progress

Posted by enterthetrix - 2008/05/19 05:50

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End of the 2 weeks is up.

Lost nothing. Gained some.

Overall, Wii fit is used with other regular exercise and healthy balanced diet in order to loose weight. People will be delusional if they think this game made them lose weight without that.

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## Re:Wii Fit - progress

Posted by geodeath - 2008/08/07 12:55

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since i got my wii fit i rarely used it due to time/work. Damn!

Gotta make a program of sorts...

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## Re:Wii Fit - progress

Posted by pakijim - 2008/08/07 14:04

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i havent heard any success stories with wii fit used to lose weight i think people are just stuck in the hype of the game because it sposed to make you fit

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## Re:Wii Fit - progress

Posted by Windmill - 2008/08/07 21:24

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I agree, Wii Fit is overrated. Here in New Zealand it costs \$200!

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## Re:Wii Fit - progress

Posted by harribo - 2008/08/07 22:59

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Here's a success story.

<http://www.4colorrebellion.com/archives/2008/04/02/the-great-experiment-wii-fit-%E2%80%93-final-report-or-how-i-lost-10-pounds-in-7-weeks-by-playing-video-games/>

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## Re:Wii Fit - progress

Posted by pakijim - 2008/08/08 09:03

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wii fit only works when you keep a healthy diet in the first place. the man said that he didnt decrease his consumption but

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removing fats salts sugars from the diet would make you lose weight naturally anyway and you can still eat the same amount of food regardless of exercise.

skipping meals puts your body in fat storing mode so you gain weight by not eating so its badder for you

reducing food portions is a good way too as obeese people tend to over eat in the first place

i know of a lot of fat people success stories with tv meals because of the reduced portions even tho it contains more salt and fat than regular meals and thats because of the reduction in over eating. a result they feel less hungry over time and dont crave as much food

exercise is a no brainer but theres no proof that wii fit makes you lose weight over regular exercise and keeping a healthier diet.

most people dont change the diets because wii fit is a game

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