



## TechFit | GadgetFit NINTENDO® WII



### HOW IT IS USED AT CFIT:

- Play some tennis to work on your divided attention skills.
- Bowling and shooting can improve your hand-eye coordination.
- Boxing exercises your heart and lungs with an added arm workout.
- Learn to play Wii Music to give your brain a challenge.

### FEATURES:

- Wii is not just a gaming console, it's a unique social gaming experience and another great reason to get together with your friends and family!
- Wii offers new classics like Wii Sports and Wii Play in addition to legendary Nintendo games like Mario, Zelda and Metroid.
- Create your own Mii character to star in Wii games.
- Play friends or family online over Nintendo Wi-Fi Connection or use the Internet Channel to surf the net from your sofa.

### WHERE TO PURCHASE:

(\$250 +/- and up depending on the package)

- **Game Stop** In the Paseo Nuevo shopping mall, Santa Barbara 805-884-9976
- **Costco** In the Camino Real Marketplace, Goleta 805-685-3199
- **Online at [www.Amazon.com](http://www.Amazon.com) prices** They have them used from \$190 and up.



*BrainCare™ for Life*

# NINTENDO®

## WII FIT

(Board & Software)



### HOW IT IS USED AT CFIT:

- Improves balance reactions to decrease your risk of falls.
- Improves cardiovascular endurance for increased energy.
- Improves flexibility and strength to reduce your risk of musculoskeletal injuries.

### FEATURES:

- Control on-screen action with your movements on the balance board as you work your way through a variety of challenges. Check your Body Mass Index (BMI), see your Wii Fit Age and keep tabs on your daily progress towards a more fit you.
- Get fit with more than 40 activities and exercises from four main categories: strength training, aerobics, yoga and balance games.
- Keep track of your personal progress with easy-to-understand graphs and charts. Using your personal profile, you can set goals, view a graph of your BMI results over time, see how many Fit Credits you've earned, check your Wii Fit Age and even enter exercise time you've done outside of Wii Fit.

### WHERE TO PURCHASE:

(\$90 +/- or you can get it bundled with the Wii console for \$340 +/-)

- **Game Stop** In the Paseo Nuevo shopping mall, Santa Barbara 805-884-9976
- **Costco** In the Camino Real Marketplace, Goleta 805-685-3199
- **Online at [www.Amazon.com](http://www.Amazon.com)** They may have them new or used for less.