



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 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** They may have them new or used for less.