

## Stay fit with esports during COVID-19

By Eric Antolak, May 6, 2020

During this past winter semester, we held a Fitness Gaming night at the Rec/IM. This event was a collaboration between EMU Esports and the Rec/IM Fitness programs. It was held on the 5th floor of the Rec/IM facility in the Olds-Robb building. We offered several games for participants, which included *Dance Dance Revolution*, *Ring Fit Adventure*, and *Just Dance*.

The Rec/IM Fitness team was excited to discover virtual options that incorporate dynamic movement, coordination, and resistance training. The gaming aspect was an added bonus, as it offers a level of competition while training alone. Although I work out regularly, I was surprised to find how challenging each game was and the fatigue I felt after playing. *Dance Dance Revolution* and *Just Dance* both have an element of cardio and coordination built into them. There are different intensity levels for each game which require increased cardio ability and offer a wide range of options for players of all skill levels. *Ring Fit Adventure* focused less on cardio, but tested my strength with both dynamic and isometric functions. By the end of the day I found myself feeling like I had participated in a full workout.



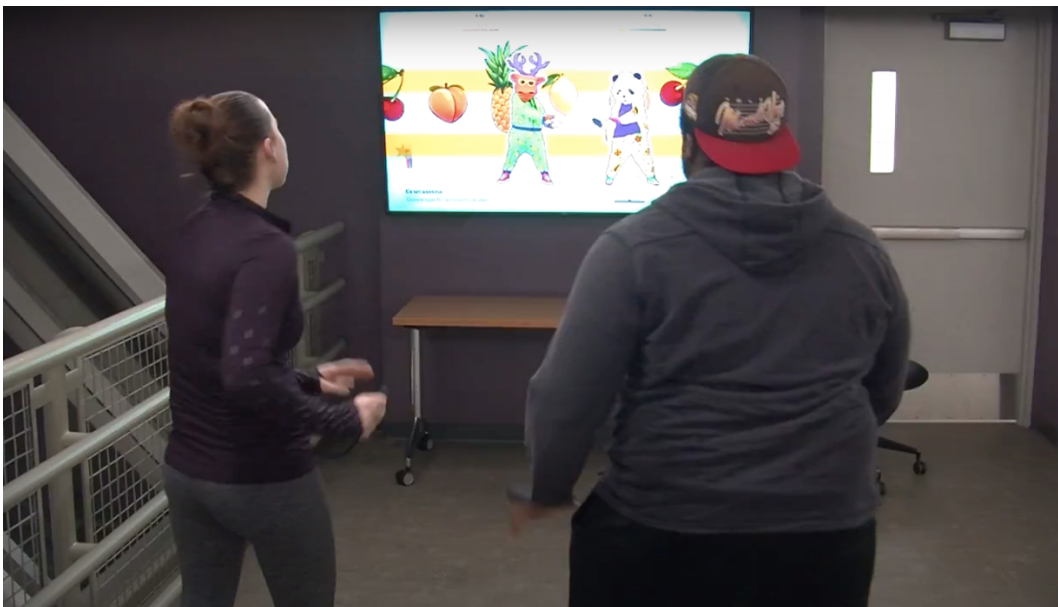
EMU Esports employee, Zach Farrow, tests his strength with *Ring Fit Adventure*, a video game that tests both dynamic and isometric functions.



Rec/IM Supervisor, Rebecca Smith, shows off her dance moves with *Dance Dance Revolution*, a game that tests your cardio endurance and coordination.

As I am not an avid gamer, I was surprised to find games that were so beneficial to physical health. Lacking in-depth knowledge of the setup requirements, I found it very simple to get these systems up and running, and was happy to show patrons how to play and use the controllers, despite having never used them before myself.

I highly recommend using these games as a complement to your regular fitness routine. It's a fun, encouraging way to work out with the entire family. During the challenging times that we are experiencing home with COVID-19, it is important to focus on what you can control. Often your health is one of the most important and overlooked controllable element. With gyms closed, fears spreading, and activity limited I believe that gaming activities like this are a great opportunity to maintain physical activity. As a personal trainer, I suggest 30-50 minutes of this type of activity per day in order to keep yourself healthy and active while indoors.



Rec/IM Graduate Assistant Alyssa Miller pairs up with Rec/IM member Johnny Enyinnah in a *Just Dance*-dance-off at Fit Game Night, hosted by the Rec/IM in partnership with EMU Esports.

The Rec/IM is also offering virtual group fitness classes if you're looking for more ways to stay active. Join us on Zoom Mon-Fri at 5:30 p.m. for either Yoga with Julie or POP Pilates with Kristen. You can find more information about these classes on our [Group Fitness Calendar](#). Stay safe and healthy during this stressful time! Make sure to stay physically active, as that will create a natural outlet for growing feelings of stress

and frustration caused by this lengthy period of physical distancing. Remember, just because we have to physical distance doesn't mean that we have to social distance! Follow us on social media for daily wellness tips and tricks, including strength training programs and at-home exercises. Hang in there, EMU, and we look forward to seeing you again soon.

