

Wii Activity Group

La Trobe University
Department of Public Health
and Darebin Community
Health Centre



Wii

- New style video game
- The shape of things to come

The Researchers

- Faye Reynolds
- Monika Merkes
- Lara Wallis
- Nora Shields
- Pranee Liamputtong
- myself

Participants

- 11 women, aged 55-85
- Italian, British, Australian background



The Program

- Baseline movement measurements
 - Over 6 weeks
 - 3 sessions
- Facilitated Wii play group
 - over 6 weeks
 - Twice weekly, for about 2 hours
 - People took turns
 - Measured movement using RT3's

The tools



Movement Measurement

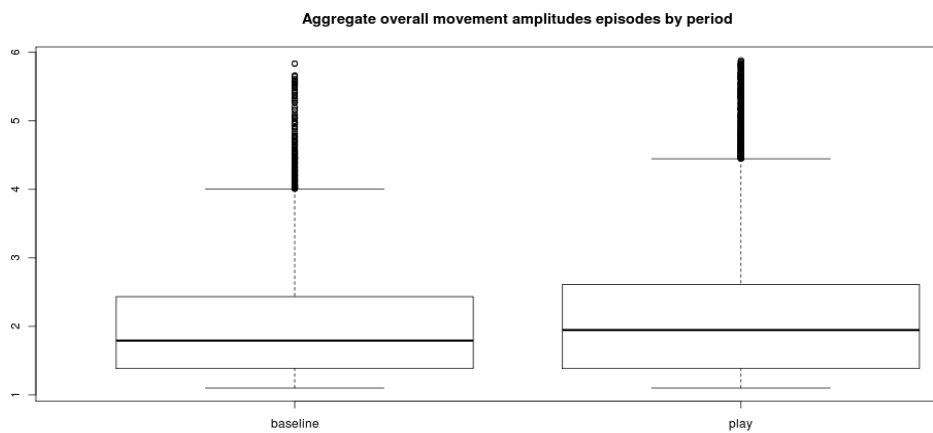


The Research

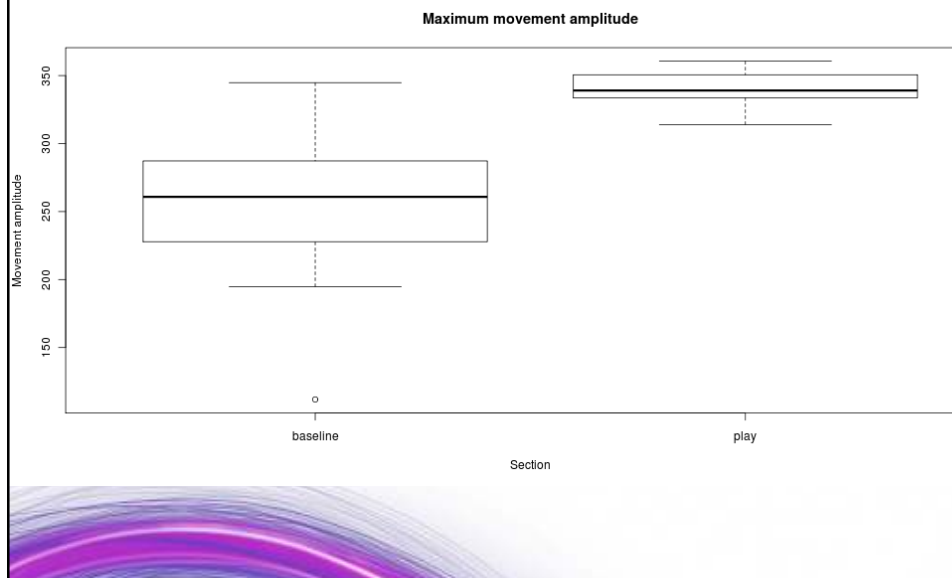
- Physical Measurements
 - RT3 results
- Social Measurements
 - Focus group



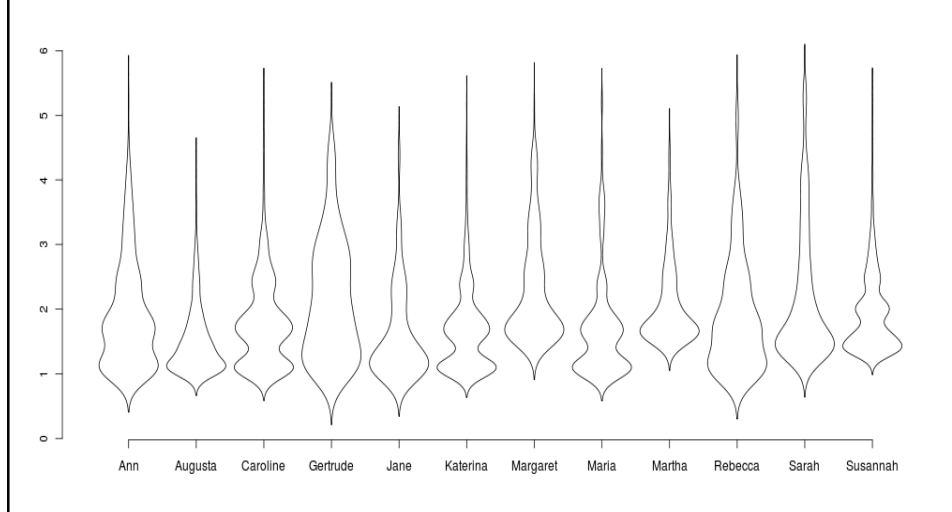
Overall Movement Comparison



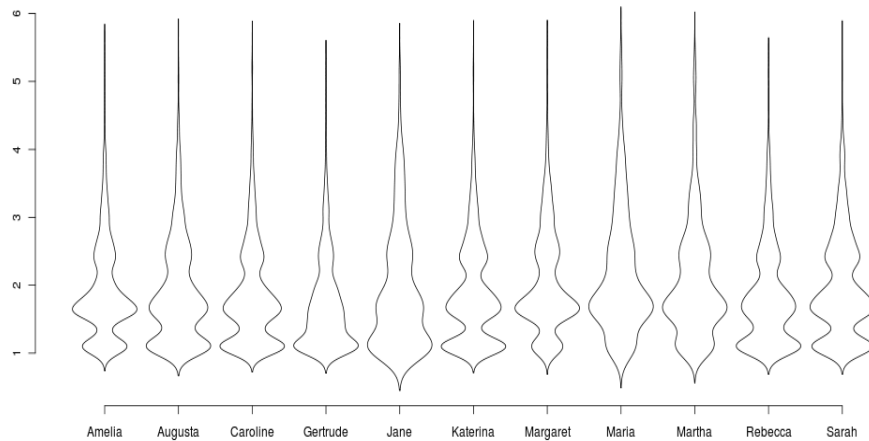
Maximum Movement Comparison



Baseline Personal Vertical Movement




Wii Play Personal Vertical Movement




Emotional Benefits

- it was fun, and enjoy it,
- it made me very happy. It showed that we were all interested at it, and happy about it, and who cares who loses and wins. There was no point at all. It was just fun, you know, very interesting
- more enthusiastic
- it makes you feel real

Emotional Benefits

- you get a laugh out of it, and a laugh is good for anybody.
 - it really makes you more alert
 - it's been great. That's all I can say. It's been great.
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Mental Benefits

- you've got to keep your mind on the job.
 - it wakes you up
 - you use it without even thinking about it
 - [it] stimulates you, really. It's lovely.
 - [makes you] learn ... how to play it.
- 


Social Benefits

- it makes you more friendly, the Wii itself
- I think we got to know each other more than we had earlier
- Makes you more closer, yes
- instead of being home all the time, and being bored, you're mixing with it more people, having a bit of fun and enjoying yourself better
- more accepted


Social Benefits

- I felt more close to the group. More [people] around, more friend, more family,
- it's sort of hard to explain. I've spoken to [these women] a lot, and now I feel, I can speak, differently, different things, more openly
- talking more personally, than you would... [when sitting on] opposite sides of the room

Physical Benefits

- this gave us the chance to just be more physical, and to use our bodies ... more
 - it surprised me ... to be able to do it, because I hardly use my arms, I have pretty weak arms , but, nevertheless, you know, I was surprised, and it interested me, it interested me
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Why did it work?

- it's been good too because there's been no discrimination due to age, disabilities, or anything else
 - I was very pleased and honored actually when I was asked, I feel I was being blessed to be asked in anything
 - it makes you feel as though you are not a lost race.
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Final Thoughts

- Why would I recommend it? For the social aspect of it, the fun, you're using your brain, you're using your hands.

