

Nintendo Wii Fitness Program for Seniors

Current Price Listings - Amazon:

- Wii Sports Consul: \$250 / \$200
- Wii Fit Platform: \$90 / \$89
- Wii Remote Controller: \$36 / \$22
- Wii Play W/Remote: \$45 / \$26
- Wii Nunchck Controller: \$18 / \$10
- MarioKart W/ Wii Wheel: \$50 / 43

Wii Sports Consol:

- Contents:
- Hardware Consol
- Program Software
- One Remote Controller
- TV Hookup & Antenna

Opening Software Layout:

- Sports Package
- Mii (Build Your Character)
- Photo Channel
- Wii Shop Channel
- Forecast Channel (Weather)
- News Channel
- Wii Fit Channel (Tracks your progress)

Soft Aerobic Exercise Programs:

- Tennis
- Baseball
- Bowling
- Golf
- Boxing

Program Characteristics:

- Training
- Fitness
- Game Play

Wii Fit Program

Soft Aerobic Exercise & Balance Programs:

- Body Testing & Tracking:
- Establish your beginning health status
- Track your health status

Contents:

- Hardware Console (Existing)
- Program Software
- Balance Platform (Electronic Weight & Balance Sensor)
- Remote Controller (Existing)

Soft Aerobic Exercise & Balance Programs:

- Yoga
- Aerobics
- Balance
- Strength

Program Characteristics:

- Fitness Charting
- Fitness Training
- Fitness Exercise