
WiiNintendo Publishes Results From The Wii Sports Experiment

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The first person to start a Wii Workout routine was WiiNintendo who has published the results from his 16 day experiment. hey_suburbia looks to have gotten excellent results and kept detailed records of the process. The summary of his workouts seem comparable to our Wii routine except we mix in some GameCube games as well during our Wii Workout sessions. hey_suburbia lost 9 lbs and by his calculations looks like he estimates that he burned around 180 calories per 30 minute workout. This is inline with what we estimated using the pedometer. Excellent job hey_suburbia!

I have one note to make on his results though. The day that WorkoutWithWii made it on the front page of Digg (and took our site down), he posted the following comment on Digg:

Hi.

I submitted the "Wii Sports experiment" digg a few weeks back and have been undergoing this experiment for 5 weeks right now, I'm not buying this one bit. I have some progression, but this is:

- a.) ridiculous
- b.) if true, unhealthy.

Check out the original experiment, here:
http://digg.com/gaming_news/Wii_Sports_Experiment

If he had read the actual article that Digg post refered to, he would have seen that we posted that the weight loss was probably mostly water weight, which is expected, and probably similar to what he lost when he first started his exercise regiment. And that we also expected that any weight loss that followed would be at a much smaller rate, probably on the order of 1 lb per week if conditions remained the same. This seems like exactly what he experienced.

None the less, good job WiiNintendo and we hope others will learn from these experiments and begin experience the benefits of the Wii as well.