

Chapter 1

Getting Started

In This Chapter

- ▶ Getting acquainted with *Wii Fit Plus*
 - ▶ Preparing your Mii
 - ▶ Using the Balance Board and other controls
 - ▶ Navigating the *Wii Fit Plus* software
-

After you make the decision to incorporate *Wii Fit Plus* into your healthy lifestyle, the first step is to set up the system. Unlike most games, setting up *Wii Fit Plus* is a multistep process befitting its unique combination of sophisticated hardware and software. This chapter helps to make this process a breeze so that you can get down to the serious — yet surprisingly fun — business of working out.

In this chapter, you find out how to set up *Wii Fit Plus* to work with your Wii console. You also discover how to activate your Balance Board, prepare your Mii for the activities ahead, and establish your baseline physical fitness level. We go over what the Balance Board can and can't do, how the Wii Remote and Nunchuk are used, and how to navigate around the many *Wii Fit Plus* menus.

Introducing Wii Fit Plus

One of the major reasons the Wii Fit phenomena has been so strong is because it relies on a unique bundled peripheral called the Balance Board. This innovative wireless controller has become the face of the Wii fitness revolution, adding a new dimension of interactivity far beyond what is possible with just the Wii Remote and Nunchuk.

Although the original Wii Fit features over 40 strength training, aerobics, yoga, and balance activities, the exercise experience is unstructured and mostly solitary. Although not a radical change, *Wii Fit Plus* adds over 20 more activities, provides preset routines and customizable workouts, has a

Metabolic Equivalent of Task (MET) calculator that tracks calories burned based on how much exertion is required to perform a movement, and offers far more robust multiplayer support, making this updated version a worthwhile investment for old and new Wii fitness enthusiasts alike.

What's in the Box

Wii Fit Plus comes in two flavors: a box set with the *Wii Fit Plus* software and the Balance Board, or, for those who already own the original Wii Fit, just the *Wii Fit Plus* software.

Inside the oversized *Wii Fit Plus* box, shown in Figure 1-1, you find the following:

- ✔ **Wii Balance Board:** The plastic Balance Board is a flat, rounded, rectangular platform that can support a standing weight of up to 330 pounds. Through four Balance Sensors located on the bottom of the board, both weight (pressure) and balance can be measured. The board is battery operated and communicates wirelessly with the Wii console via Bluetooth, just like your Wii Remote.
- ✔ **Wii Fit Plus software:** Like most other Wii software, the *Wii Fit Plus* program comes in a plastic snap case that contains the *Wii Fit Plus* game disc, instruction booklet, registration information, and marketing material.
- ✔ **Wii Balance Board foot extensions:** If you plan to use the Balance Board on a thick carpet, one extension can be placed on each of the four balance sensors to provide sufficient clearance under the bottom of the platform to ensure proper measurements.
- ✔ **Wii Balance Board Operations Manual:** An instruction manual specific to the Balance Board hardware. A portion of this information is repeated in the *Wii Fit Plus* instruction booklet.
- ✔ **AA batteries:** For the Wii Balance Board to function, the four included batteries or suitable replacements must be placed in the well under the battery cover on the bottom of the board. Quality AA batteries can last approximately 60 hours.

Carefully remove these items from the box and discard the packing materials properly. You may wish to save the *Wii Fit Plus* box for future storage or transportation of the Balance Board, particularly because it features a convenient carrying handle.



Figure 1-1:
The front
of the full
Wii Fit Plus
bundle.

Hooking Up the Components

At this point we assume you already have your Nintendo Wii set up and working, and at least one Mii stored on your console. If not, refer to the Wii Operations Manual that came with your console or, for additional detail, *Wii For Dummies* by Kyle Orland (Wiley Publishing). As for *Wii Fit Plus*, follow these setup steps after inserting your disc and starting the game, and you can be on your way to fitness and fun in no time flat:

- 1. Press A on your Wii Remote after you are comfortable with the Wii Remote Strap Usage screen instructions or simply wait to automatically proceed.**

If this is your first time playing *Wii Fit Plus*, you will have to create and save data and synchronize the Balance Board.

- 2. On the *Wii Fit Plus* save-data creation screen, press A on the Wii Remote.**

If you are upgrading from Wii Fit, *Wii Fit Plus* makes use of your previous data. After the save data has been created, a confirmation screen appears. Press A again. If you already have Wii Fit data, you are taken on a brief tour of *Wii Fit Plus*'s new features, and you can either skip ahead to the “Incorporating the Wii Remote and Nunchuk” section of this chapter, if you want a refresher on controller functionality, or go straight to the “Navigating the *Wii Fit Plus* Menus” section. Otherwise, you’ll be prompted to sync the Balance Board to the Wii.

3. **Remove the battery cover on the bottom of the Balance Board and insert the four AA batteries if you have not done so already. Then press the small red SYNC. button, as shown in Figure 1-2.**

The blue power light on the Balance Board should now be flashing.



Figure 1-2:
The Balance Board with the battery cover removed.

4. **Open the SD Card slot cover on the front of the Wii console next to the system disc slot. While the blue power light on the Balance Board is still flashing, press the red SYNC. button on the Wii console, as shown in Figure 1-3.**

The power light on the Balance Board stops blinking and remains lit after the synchronization is complete.



Figure 1-3:
The open
SD Card slot
cover on the
front of the
Wii console.



Do not press and hold the rectangular SYNC button on the Wii console for more than ten seconds; otherwise, all synchronization information for all your Wii Remotes will be deleted and you'll need to resynchronize them per the instructions in the Wii Operations Manual.

5. Close the SD Card slot and Balance Board battery cover. Return the Balance Board to its upright position.



Only one Balance Board can be registered to a single Wii console at any one time. Any new Balance Board synchronization will overwrite the current registration information. Because the Balance Board uses the Player 4 connection, any board-compatible software is limited to a maximum of a single board and three other controllers.

If all steps were followed correctly, the virtual Wii Balance Board greets you and serves as your animated anthropomorphic tour guide when you're playing *Wii Fit Plus*.

After a brief intro, you are asked to verify your console's date and time. If the settings are correct, use your remote to select Correct; otherwise choose Incorrect and make the necessary adjustments.

You are asked to choose a Mii already saved on your Wii system to represent yourself. The Miis from the Mii Channel's Mii Plaza appear on your screen in groups of up to ten. If you have more than ten Miis on your system, you can click the arrows on the left and right sides of the screen to scroll through the list or press – or +, respectively, on your Wii Remote. Select your favorite virtual representation of you and press A on your Wii Remote to confirm.

Establishing Your Baseline

Now that you've confirmed the date and time and chosen the Mii for you, the virtual Wii Balance Board begins to step you through the introductions, which you can choose to read or skip. The first major task the virtual Wii Balance Board will have you do is a quick Body Test to establish your physical fitness baseline, which includes your weight, Center of Balance, Body Mass Index (BMI), body control, and Wii Fit Age. Turn to Chapter 2 for a comprehensive explanation of each of these measures and the tests used to assess them.

Initial body measurements

When prompted, enter your height and birth date. Point and click on either the up or down arrow on the screen to increase or decrease the values, respectively. After this information is entered, you are prompted to either change or accept the data by pressing OK. After you're satisfied, click OK.



Be sure to enter your real birth date for accurate analysis. If for some reason you're concerned that others who will be playing your *Wii Fit Plus* will be able to see this or your other personal information — such as your weight — you have the opportunity to enter a personal identification number (PIN), described later in this chapter, so only you have access to these data.

Follow these steps to create your baseline readings:

- 1. Place your Balance Board directly in front of the screen, three to ten feet back.**

The board's power button should be facing away from the television, where the text for both Wii and Power on the top surface of the board is readable. After a brief synchronization, you are instructed to step on the Balance Board (be sure you're holding the Wii Remote).



Before stepping on the Balance Board, ensure that there is sufficient clearance underneath, particularly if it is placed on a rug. If there is not sufficient clearance, use the Wii Balance Board Foot Extensions.

2. Step on and remain still.

If you move, or fidget, *Wii Fit Plus* will have trouble taking a baseline reading and you'll be instructed to step off and restart the process. After *Wii Fit Plus* gets a successful reading, it will ask how heavy your clothes are: Light (-2 lbs.), Heavy (-4 lbs.), or Other. Use your best judgment and select your answer using the Wii Remote and pressing A. If you select Other, you can press up and down on your Wii Remote's directional pad to respectively raise or lower the starting value of 0 lbs.



It is recommended that you use the Balance Board barefoot. Socks can be too slippery and shoes might not provide enough range of motion or the tactile response necessary to perform certain activities. One good alternative to bare feet is to wear non-slip Yoga, Pilates, or "toe" socks, which provide traction and a full range of motion with minimal tactile loss.



After you step on the Balance Board, a large green semicircle starts moving on the screen. This represents your Center of Balance. Try to keep the green semicircle centered.

Wii Fit Plus now prompts to measure your Center of Balance. If you fidget too much, you have to start over, so it is important to have a relaxed, stable stance. If you remain sufficiently still, you receive your Center of Balance results. Don't worry if your balance is dramatically off center, as this is just an initial reading, and as you continue to use your *Wii Fit Plus*, your results should improve.

3. When ready, continue pressing the A button to proceed through the informational prompts until you come to the first test.

You are now asked to align your Center of Balance by shifting your bodyweight until the red dot rests in the blue circle in the middle of the onscreen Balance Board.

4. After you receive your results, press the A button to proceed.

You should now see your Body Mass Index, or BMI, results, which is a rough measure of body fat based on your height and weight. You will learn more about BMI in Chapter 2, but for now just accept the verdict as an arbitrary baseline that will be useful as a future point of reference to improve upon.



Don't be alarmed if *Wii Fit Plus* changes the appearance of your Mii's waistline in either direction. Remember, *Wii Fit Plus* can't see how you really look; it can only guess based on statistics, which don't always reflect reality.

5. Press A to show two menu options, Weight and Next.

Selecting Weight shows how much you weigh in pounds. If you select your weight, you have the option of going back to the BMI screen or clicking Next. If Next is selected, you are taken to the Body Control tests.



The Balance Board is said to be more accurate than the average bathroom scale, so if you find your weight to be completely off, it could be because you don't have enough clearance below your Balance Board, indicating foot extensions are warranted. See "Understanding Balance Board Capabilities" later in this chapter for more on this. Some variation in weight is normal, however, and your weight can fluctuate by several pounds each day.

Body control baseline

Because this is your first time using *Wii Fit Plus*, your body control assessment starts with the Basic Balance Test. For a more comprehensive overview of this test, turn to Chapter 2.

To set up your body control baseline, follow these steps:

- 1. Press A on the controller until you reach the Basic Balance Test, where you are presented with brief instructions and a prompt to press A to start. Spread your feet evenly apart on the Balance Board and press A when ready.**
- 2. Balance left and right on the board to keep each of the red bars in its respective blue area for three seconds.**

You go through a few practice rounds before the countdown to the real trial, which challenges you to make often dramatic left and right shifts and then hold your position for three seconds. You have 30 seconds to finish all five rounds. If you are unable to finish them within the allotted time, you are given a default score of 30 seconds. The less time you take to finish the Basic Balance Test, the better your score.

- 3. Press A to proceed.**

After receiving either good-natured ribbing or praise about your Basic Balance Test performance, you are presented with your Wii Fit Age. Much like BMI, consider your Wii Fit Age, which is described in greater detail in Chapter 2, an arbitrary baseline that will be useful as a future point of reference.

- 4. Press A on the controller until you're prompted to stamp your progress on the calendar. Point your Wii Remote at your TV screen and press A to stamp today's date with a footprint.**

Congratulations, you're now official!

- 5. Press A to continue after reading each of the information prompts until you reach the Goal screen.**

Wii Fit Plus suggests a goal based on your analysis. For example, if you're overweight, it may suggest setting a goal to help bring your BMI down. Regardless of its suggestion, the goal is yours to set.

You can point and click on either the up or down arrow on the screen to increase or decrease your weight goal, respectively, which in turn shows the effect on your BMI rating, up or down. Be sure to set a reasonable initial goal: no more than a few pounds to gain or lose, depending on your needs. After your selection is made, you'll be prompted for a deadline. The default is two weeks from today, which is the minimum span of time and a figure you may or may not be able to increase depending upon what goal you selected. For example, if you selected to lose only one pound, the maximum amount of time you can set to reach that goal is three months. Alternately, if you selected to lose two pounds, the maximum amount of time can be set to six months. As you change your deadline, the calculation shown for what you'll need to lose or gain every two weeks changes as well. After selected, you'll be prompted to either Change your goal or to click OK to proceed. We discuss setting goals in more detail in Chapter 2, so for now, click OK.



You can make a new goal and deadline every week, so don't worry too much about setting this initial goal. It's more important at this early stage to familiarize yourself with the software and exercises.

6. Press A to continue after reading each of the information prompts until you reach the Password prompt screen.

Selecting Yes allows you to protect your profile with a password if you wish to hide your weight and other data from others. Using a password is discussed in detail in Chapter 2. For now, either select No or Yes. If you select Yes, you are asked to enter a four-digit PIN for a password. When prompted, reenter the number to confirm. Press A to continue through the information prompts.

You should now be prompted with the option to register a family member or friend (this prompt does not apply if you already have all eight available slots filled). Selecting No brings you to the Calendar screen, while selecting Yes brings you to the Wii Fit Plaza. See "Navigating the *Wii Fit Plus* Menus" later in this chapter for an explanation of your options at each of these screens. But first, let's find out more about the Balance Board.

Understanding Balance Board Capabilities

Your Wii Balance Board is a stylishly designed and solidly built technological marvel. Through its four evenly placed Balance Sensors located underneath, the board is able to detect both the amount and relative location of the pressure applied to any of its quadrants. The board can then wirelessly transmit these data to your Wii console in real time, just like your Wii Remote.

With support for a standing weight of up to 330 pounds and an impact force of over 600 pounds, the board accommodates a fairly broad range of individual body types, abilities, and general usage.

For the Balance Board to do its job accurately, you need to ensure that the sensors have sufficient clearance underneath, particularly if your Balance Board is being used on a rug. If any surface is touching the bottom surface of your board, you need to use the Wii Balance Board Foot Extensions to gain additional height. Placing the extensions is a simple process. Just follow these steps:

- 1. Turn the Balance Board over and ensure that each of the four sensors is free of any dirt or debris.**

- 2. Push one foot extension straight into each of the four sensors.**

Ensure each extension is pushed in all the way so there is no imbalance.

- 3. Return the Balance Board to its original position and verify clearance.**

If there is still insufficient clearance under your Balance Board after placing the extensions, you either need to find a way to clear any obstruction or move your Wii to another, more suitable location.

Although a range of typically silicon non-slip covers is widely available in stores, the Balance Board already has its own textured surface. This textured surface is located on each half of the top of the board in an approximately 5 x 9-inch area, where you would roughly place each foot. For this surface to do its job, you must be barefoot or use non-slip socks, which also maximizes your range of motion and feel for the board.



Be sure to keep the Balance Board dry during exercise. Sweat on the surface of the board can make for a potentially slippery — and dangerous — situation. Having a towel handy is a big help!

Even if you never use your Balance Board barefoot or share its use, at some point your board will need cleaning. Remember that even though it may not look it, your Balance Board is a sensitive electronic device that must be treated with care. To clean your board, follow these steps:

- 1. Wipe your Balance Board with a soft lint-free towel to remove any loose dirt or debris.**

- 2. Wipe the board with a disinfectant wipe or a lint-free towel sprayed with a disinfectant cleaner.**

Never spray liquids of any type directly on the board.

- 3. Dry your board with a clean, dry, lint-free towel.**

- 4. Allow the board to dry completely before use.**



If control on your Wii Balance Board seems inconsistent or otherwise incorrect, the typical culprit is depleted batteries. As with most electronics, a fresh set of batteries can make all the difference. If performance continues to be erratic after putting in new batteries, you can choose Settings in the Wii Fit Plaza and select the Wii Balance Board Check, which verifies proper sensor function. If your Balance Board has malfunctioned, visit www.support.nintendo.com or call Nintendo's hotline at 1-800-255-3700 for assistance.

Incorporating the Wii Remote and Nunchuk

Although most of *Wii Fit Plus*'s more interesting functionality revolves around use of the Balance Board, you still use your Wii Remote to navigate the menus and begin exercises. As always, before using the Wii Remote, it is important to use the wrist strap and Wii Remote Jacket for maximum safety, particularly because you are likely to be breaking a sweat.



Though not necessary, wearing shorts or pants with pockets is helpful so you can safely place the Wii Remote in them when performing running exercises. You can also opt to use other alternatives, such as the *EA Sports Active: Personal Trainer* Leg Strap, which is described in Chapter 7. Otherwise, you can simply hold the Wii Remote in your hand.

Be sure to familiarize yourself with the Wii Remote Settings menu. This menu is accessible at any time by pressing the Home button on an active Wii Remote and then clicking the Wii Remote Settings panel on the bottom of the screen with the A button. To leave this menu, click the Close Wii Remote Settings panel at the bottom of the screen or push the Home button again.

From the Remote Settings menu, you can change the Volume, Rumble, and Connection settings, each of which functions as follows:

- ✓ **Volume:** By clicking on the onscreen + and – buttons or pressing the same buttons on the Wii Remote, you can respectively increase or decrease the sound coming from the Wii Remote's speakers. Note that this setting remains the way you set it and applies to all Wii Remotes that will be connected to your system.



You may find that for activities like the Free Run and Free Step Aerobic Exercises — both of which are explained in Chapter 5 — being able to adjust your Wii Remote's speaker volume is essential.

- ✔ **Rumble:** This option determines whether the Wii Remote vibrates to certain onscreen or in-game options. Unless you are sensitive to vibrations, it is recommended that you leave this option enabled for *Wii Fit Plus*. Like Volume, the Rumble settings remain and apply to all Wii Remotes that connect to your system.
- ✔ **Connection:** This option disconnects Wii Remotes from your console without turning off the system.

Unlike the Wii Remote, the Nunchuk attachment is used only for Rhythm Boxing, which is explained in Chapter 5, and Rhythm Kung Fu, Rhythm Parade, and Big Top Juggling, which are explained in Chapter 6. You are prompted by *Wii Fit Plus* when to use the Nunchuk. Because the standard Nunchuk is not wireless, it needs to be plugged in to the bottom of your active Wii Remote, after which it will be automatically detected. Like the Wii Remote, the Nunchuk can be used in either hand for maximum comfort.

Navigating the Wii Fit Plus Menus

Wii Fit Plus is divided into three main navigation areas: Wii Fit Plaza, the Calendar screen, and the Training menu. A fourth area, the *Wii Fit Plus* Channel, can optionally be added to the Wii Menu. The following sections explore the options available in these areas.

Wii Fit Plaza

The Wii Fit Plaza is the starting point for your *Wii Fit Plus* training. After all the Mii's you registered in *Wii Fit Plus* have finished running in, you see the Wii Fit Plaza, as shown in Figure 1-4. The Wii Fit Plaza has the following options:

- ✔ **Wii Menu:** Click the Wii icon at the upper left of the screen to return to the Wii Menu screen. You can also return to the Wii Menu screen any time by clicking the Home button on your Wii Remote.
- ✔ **New Profile:** Click the happy-face, plus-sign icon at the middle left of the screen to create a new user profile. This new user has to go through the setup process we describe earlier in this chapter. After registration, the new Mii appears in the Wii Fit Plaza, ready to be selected.
- ✔ **Pet Stats:** Click the animal icon in the lower left of the screen to register User Data for your pet. You enter your pet's name, pet type (dog or cat), and characteristics. Although your pet will not be able to participate in the activities, your pet's weight can be measured and tracked. In addition, your pet's avatar appears during some of the activities to keep you company. Keep in mind that you can register only up to eight personal profiles, and this number includes your pets.

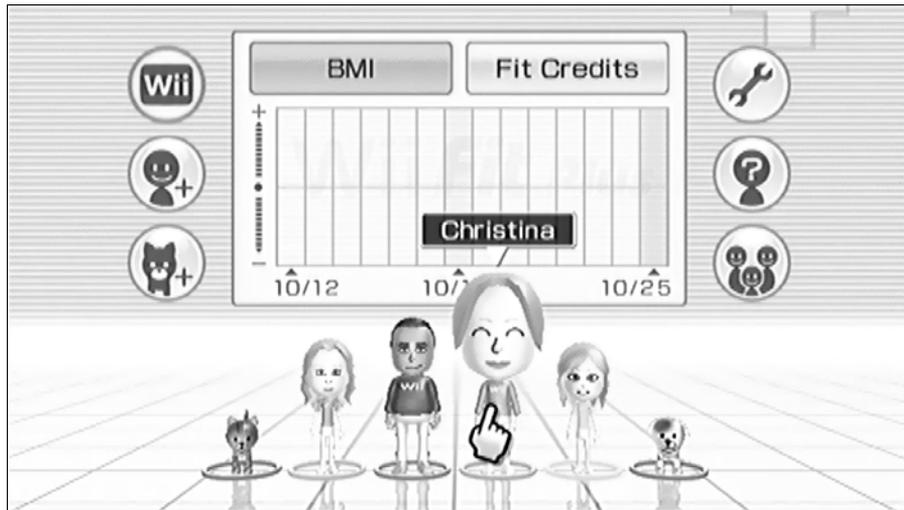


Figure 1-4:
The Wii
Fit Plaza,
showing a
highlighted
Mii.



Creating a profile for someone 3 years old or younger has the same restrictions as registering a pet. Once the baby is older than 3, all measurements and activities will become available. Keep in mind that whether you're holding a baby or pet, the Balance Board's 330-pound maximum weight limit still applies.

✓ **Settings:** Click the wrench icon at the upper right of the screen to bring up a submenu with the following options:

- **Install Channel:** This option installs the *Wii Fit Plus* Channel on your Wii Menu, which allows you to check your weight, BMI, and overall *Wii Fit Plus* stats without having to insert the *Wii Fit Plus* disc into your system. This Channel is described in greater detail toward the end of this chapter.
- **Wii Balance Board Check:** You can use this option to verify if the four sensors on your Balance Board are functioning. If every sensor has a check mark, your Balance Board is working as it should. If not, visit www.support.nintendo.com or call Nintendo's hotline at 1-800-255-3700 for assistance.
- **Credits:** Select the Wii Fit or *Wii Fit Plus* icon in the lower-right corner of the screen to see who helped make these titles possible. Pressing the B button at any time on your Wii Remote brings you back to the Settings menu.

✓ **Trial:** Clicking the question mark icon at the middle right of the screen starts up a trial version of *Wii Fit Plus*, which bypasses the standard Mii setup and registration procedure. After selecting one of six generic Miis, you can perform a basic Body Test or choose from a selection of 15 training games. Because this is just a trial, weight and training data

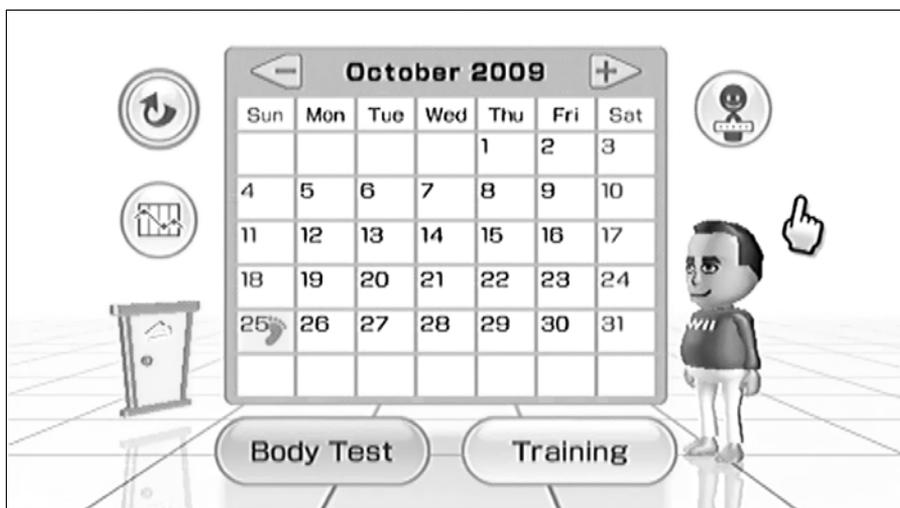
are not saved, so this is most useful for giving your friends and family a quick demonstration of what *Wii Fit Plus* is all about.

- ✔ **Multiplayer:** Click the multiplayer icon in the lower right of the screen to access this mode, which allows you to use one or more of the Miis stored on your Wii console to participate in the nine multiplayer activities. Each player takes turns playing a single round and using the Wii Remote and Balance Board. Stats tracked in this mode are kept separate from those in the main *Wii Fit Plus* game.
- ✔ **Graph:** This large area centered in the top half of your screen displays the daily BMI measurements for all the Miis currently registered on your system unless their profiles are password protected. Select the Fit Credits button to change to the daily bar graph view of how much time you've been spending with *Wii Fit Plus* each day. You can isolate the data on a single Mii by hovering your Wii Remote over that player. You can also click anywhere on the graph and drag the Wii Remote pointer right or left to see earlier or later dates, respectively.
- ✔ **Miis:** Click on a Mii and then select Begin to Advance to the Calendar screen, which is discussed in the next section.

Calendar

The Calendar screen, as shown in Figure 1-5, is the first screen you encounter after registering a new Mii or choosing a Mii from the Wii Fit Plaza. The Calendar screen is also the secondary gateway to daily training with *Wii Fit Plus*.

Figure 1-5:
A sample
Calendar
screen.
Every day
you perform
a Body
Test, you
get a stamp
on your
Calendar.



The options in this navigation area are as follows:

- ✔ **Wii Fit Plaza:** Clicking the return arrow icon at the upper left of the screen brings you back to the Wii Fit Plaza.
- ✔ **Graph:** Clicking the line graph icon at the lower left of the screen brings up a detailed chart of your Mii's daily progress. Use the buttons on the top row to toggle the graph's display between BMI, Weight, Wii Fit Age, Fit Credits, Waist, and Steps. Hover over a point on the graph with the Wii Remote to view a specific value for that day.



Waist and Steps measurements are entered manually. To measure your waist, bend at your side. The crease that forms indicates your natural waistline, which should be directly above your belly button and below your rib cage. Wrap a soft tape measure around your waist, directly on your skin. Exhale gently as you pull the tape so it remains taut against your body, but does not squeeze your skin. Your waist measurement is the number that meets the starting point of the tape. As for steps, you can measure these by using a pedometer. Some suggestions on what to look for in a pedometer are presented in Chapter 13.

You can click on the onscreen + and – buttons or press the same buttons on the Wii Remote to change the vertical and horizontal date range displayed on the graph. To scroll, click and drag the Wii Remote pointer anywhere on the graph. You can scroll farther by letting go of A and pressing it again. Click the Back button or press B on your Wii Remote to return to the Calendar screen.

- ✔ **My Wii Fit Plus:** A floating orange door appears in the lower left of your Calendar screen after the first time you access My Wii Fit Plus from the Training menu. This door is your instant portal to My Wii Fit Plus, saving you from having to take the long route via the Training menu to access this option.
- ✔ **User Settings:** Click the happy-face, word-balloon icon at the upper right of the screen to pull up a submenu with the following options:
 - **Edit Profile:** Edit your Mii's height, date of birth, and password. Click an option, then use the onscreen arrows or + and – buttons on the Wii Remote to edit the information. Click OK when finished or press the B button on the Wii Remote to back out.
 - **Change Design:** This option allows you to change your calendar color and choose a new design for your calendar stamp. The more you play *Wii Fit Plus*, the more stamps you unlock, up to a total of eight.
 - **Save Time:** If you find that you consistently work out late at night and prefer your data recorded on a particular day, you can use this option to tell *Wii Fit Plus* to begin a new day at 3:00 a.m. instead of 12:00 a.m.

- **Delete User Data:** This ominous sounding option does exactly what it says, deletes all the stored data for your current Mii. If you choose Yes from the confirmation screen, all your measurements and hard work will be gone forever.

- ✓ **Calendar:** The calendar smack dab in the middle of the screen shows a stamp for every day you've performed a Body Test for the currently selected month. Click a stamped day to see the results of your BMI and Center of Balance tests for that particular day. Click the onscreen + and - buttons or press the same buttons on the Wii Remote to scroll through the months.
- ✓ **Body Test:** This option allows you to perform the Body Test for the day, as described earlier in this chapter. If you perform more than one Body Test in a day, the newest results will replace the previous results, provided you elect to save the more recent results. Because your body fluctuates throughout the day, you will often get different results. Try to do a Body Test only once each day and at roughly the same time each day for the most consistent results.
- ✓ **Training:** Opening this menu allows you to access the exercises you bought *Wii Fit Plus* for in the first place. We cover this in the next section.

Training menu

If you're going to become fitter, you have to train for it, and that's where the aptly named Training menu comes in. The Training menu, shown in Figure 1-6, includes Training Plus, Yoga, Strength Training, Aerobics, Balance Games, and My Wii Fit Plus options. It is also where your Fit Bank resides, which we describe in greater detail a little later on.



Notice the virtual Balance Board in the background trying to get your attention? You can click on it to go to the Ultimate Balance Test or Scale Challenge, which are described in Chapter 2.

From the Training menu, click any of the options on the right-hand side to bring up the applicable training submenu. For information on Yoga and Strength Training, refer to Chapter 3; My Wii Fit Plus, Chapter 4; Aerobics, Chapter 5; and Training Plus and Balance Games, Chapter 6.

What follows are some general navigation tips:

- ✓ Hover over an icon in a Training submenu to see the name of the exercise and how many times it's been attempted with your Mii. Unlike the original Wii Fit, all exercises are available to you from the outset, except for the three Strength Training Challenges, which are grayed out and will have to be unlocked.

Figure 1-6:
The initial
Training
menu
screen.



- ✔ Click the + and – buttons at the top of the screen or press the same buttons on the Wii Remote in a Training submenu to go directly to the other training submenus.
- ✔ Click the Back button in the lower-left corner of a Training submenu or press the B button on your Wii Remote to go back to the Training menu.
- ✔ Click the Switch Trainer icon to toggle between the male and female trainer in the Yoga and Strength submenu.
- ✔ In the Yoga and Strength Training submenu, after you select an exercise, you can click Demo to watch a trainer explain how to do the chosen movement. Click the Skip button at any time to jump to a screen that allows you to get a more detailed view of the trainer performing the exercise. From this screen, you can rotate your viewpoint around the trainer by pressing A and moving the Wii Remote pointer around the screen. The 1 and 2 buttons on the Wii Remote allow you to zoom in and out, respectively. Click the Pause button on the screen to stop a trainer's movement and study its position, or click Restart to have the demonstration begin again. After you are ready to begin the activity, click the Start Workout button on the lower right of the screen. When you're performing an exercise, press up or down on the directional pad on your Wii Remote to change the camera angle focused on the trainer between front and rear to personalize your view.
- ✔ Switch between players by clicking the Switch! button on the bottom right of the screen in the Training Plus, Aerobics, and Balance Games submenus. You can select from any of the players on your system, including unregistered users, but these players won't build up Fit Credits, which we discuss shortly.



At any time during training, you can click the + button on your Wii Remote to bring up the Pause menu, which will give you the option to Continue, Retry, or Quit. Continue resumes the current activity, Retry restarts the current activity, and Quit brings you back to the Training menu. Keep in mind that if you Quit, you won't get any Fit Credits for the current activity. So, let's go over those Fit Credits.

Fit Credits and Fit Bank

Notice that cute little piggy bank with the display on the left of the Training menu? This is your Fit Bank or Fit Piggy, as it is often referred to in the game. When you engage in *Wii Fit Plus* activities, you are rewarded with Fit Credits, which get deposited into this Fit Bank. The number of Fit Credits earned varies based on how much time you spend performing an activity. Although the Fit Bank only keeps track of your daily earnings, you can see your cumulative counts by going to the Calendar screen, pressing the graph icon, and selecting Fit Credits; the Calendar screen is discussed in detail earlier in this chapter. As you accumulate Fit Credits, more advanced activities become unlocked, providing great motivation to stick with the program.

Besides storing your Fit Credits and looking cute, your Fit Bank serves another important purpose. After you complete an activity, the estimated number of calories used during that exercise will be presented to you and displayed on your Fit Bank, a feature that was lacking in the original *Wii Fit*.

If you are wondering how these calorie calculations are made, the *Wii Fit Plus* software uses a METs calculator. A MET, or metabolic equivalent of task, represents the intensity of an activity. For example, it takes 1 MET to sit still, which is considered your resting metabolic rate. Super Hula Hoop in *Wii Fit Plus* has a worth of 4 METs, which would be equivalent to a light walk or round of golf on foot. If you know the MET value of an activity, you can calculate the number of calories burned while performing that activity by using the following equation:

$$\text{METs} \times \text{Your Weight} \times \text{Time (hours)} \times 0.48 = \text{Calories Burned.}$$

Keep in mind that all values for calories burned are estimates. The actual number of calories burned may be different due to factors such as your metabolic rate and efficiency of movement. Regardless, this caloric measure is a good way to get a sense of how much you may or may not be pushing yourself during your workout.

Wii Fit Plus Channel

You can check your profiles and *Wii Fit Plus* stats, and perform the Body Test without having to insert the game disc into your system by simply installing the *Wii Fit Plus* Channel. Do this at the Wii Fit Plaza, where you click on the Settings wrench icon at the upper right of the screen to bring up a submenu, then click on the Install Channel option. Click OK at the confirmation screen to install the *Wii Fit Plus* Channel on the Wii Menu. Click OK after the Save to the Wii System Memory prompt appears. After it's installed, click OK when you see Finished Saving. The next time you access the Wii Menu, you will see the new channel, as shown in Figure 1-7.



The *Wii Fit Plus* Channel takes up 109 blocks on your Wii's internal memory, so you need to ensure that you have sufficient space for a successful installation. Refer to the *Wii Operations Manual* that came with your console or *Wii For Dummies* by Kyle Orland (Wiley Publishing) for more on memory management.

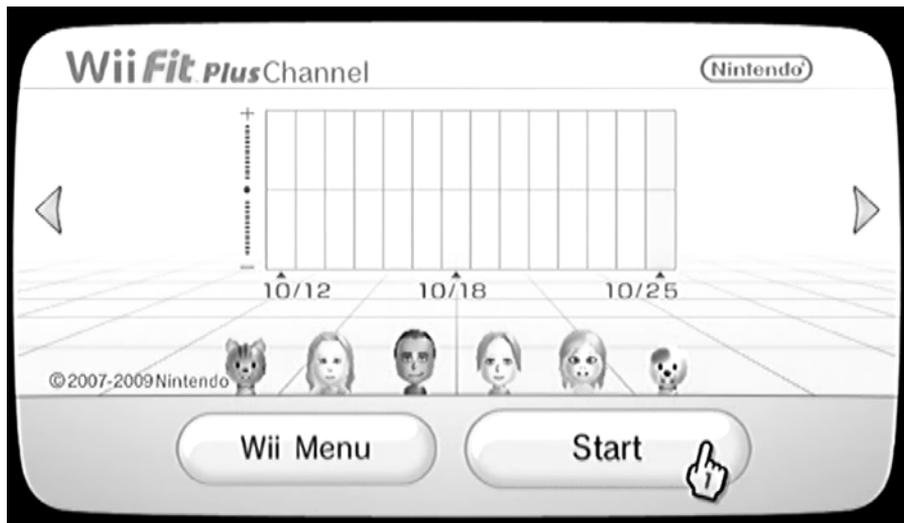


Figure 1-7:
A typical
Wii Fit Plus
Channel
view.

Warming Up and Cooling Down

Before you start doing any of the activities in *Wii Fit Plus*, the program reminds you to warm up; however, no warm-up activities are provided outside of Warm Up, found under the Lifestyle category of *Wii Fit Plus* Routines, which is described in Chapter 4. As a general rule, before beginning any type of physical activity, it is important to elevate your body temperature and get the muscle groups you'll be targeting moving. Contrary to popular belief, stretching is not recommended as part of your warm-up because stretching cold muscles can cause pulls and tears, potentially leading to serious injury. If you wish to stretch, do so at the end of your workout when your body has been put through its paces and is already warm, and be sure to stretch only within your limits.

The best way to warm up is with light aerobic exercise — just enough to break a sweat and test how your body is responding. This can include activities like jogging in place, jumping rope, or performing jumping jacks. If you'll be performing strength-based movements, it's a good idea to also warm up the general areas you'll be working, such as with push-ups for upper body or bodyweight squats for lower body. Whatever you do, keep the activities low impact and low stress. Generally speaking, a good warm-up should approximate the activity or activities you'll be performing and last only five to ten minutes, but feel free to adjust as needed to sufficiently elevate your body's temperature.