

From couch potato to Wii muscleman



Mickey DeLorenzo, 25, dropped 2 per cent from his body fat rating during his "Wii Sports Experiment".

Asher Moses
January 17, 2007 - 12:27PM

Video games and weight loss are rarely seen side-by-side - unless you are referring to Nintendo's newest games console, the Wii, which has enticed gamers the world over to get up off the couch.

One Wii owner has reported that, in just six weeks of play, he had dropped 2 per cent of his body fat rating, thanks to the console's motion-sensitive control scheme that rewards active movement when directing in-game characters.

Mickey DeLorenzo, a 25-year-old living in Philadelphia, began his "Wii Sports Experiment" in early December last year, pledging to spend 30 minutes a day over six weeks playing Wii sports.

He would strive to keep his other activities and eating habits constant.

On Monday when the six weeks were over, DeLorenzo updated his website, wiintendo.net, with a detailed analysis of his [results](#).

"I lost 9lbs! [four kilograms]," he wrote, which he was impressed with because he had not fluctuated from his original weight of 82 kilograms in two years, and made no effort to change

his diet.

"Also, this experiment took place during the holiday season, where I ate holiday dinners like I normally would and drank what I would normally would have drank."

DeLorenzo used a digital body fat caliper, recording a drop in his body fat rating of 2 per cent from a starting figure of 19 per cent.

His waist measurement fell from 87.6 centimetres to 78.7 centimetres.

"According to The American Council on Exercise, I went from being in the 'acceptable' category to being in the 'fitness' category," he said.

Before and after photographs posted on his website showed a marked reduction in fat around the stomach and chin. The increase in abdomen muscle definition was clear.

Being an avid gamer, DeLorenzo's secondary goal was to determine which of the five Wii Sports games - tennis, boxing, baseball, bowling or golf - helped to burn the most calories. He measured this using a BioTrainer exercise monitor.

Boxing was found to be the most efficient calorie burner: "I burned an average of 125 calories during a 15 minute period," he wrote.

Tennis was second at 92 calories per 15 minutes and bowling was third at 77 calories. DeLorenzo said he didn't "get around to" conducting measurements for the baseball and golf games.

DeLorenzo said that it was important to make an effort to be active while playing the games.

"I moved my feet, I used full body motion, and I swung my arms to mimic the real thing," he said.

"If you just stand there and make small moves or sit on the couch and play, I don't think you'll [see] much if any results regarding exercise."

He planned to continue the experiment, with the goal of trimming a further 3 per cent from his body fat rating.

[SAVE 33% on home delivery of the Herald - subscribe today](#)

More Technology

Copyright © 2007. The Sydney Morning Herald.