



**CALIFORNIA STATE SCIENCE FAIR  
2012 PROJECT SUMMARY**

<b>Name(s)</b> <b>Melissa Calvillo; Minerva Morales; Miriam Ramirez</b>	<b>Project Number</b> <b>S1202</b>
<b>Project Title</b> <b>Are Virtual Workout Partners Better than Standard Gym Exercises?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> A virtual workout is a type of workout that helps people lose weight by just using a simple video game to play with. A standard gym exercise is a workout that also helps you lose weight by building up muscles in every sections of your body. This study determines which type of workout helps you lose weight faster by having fun with the exercises and also by maintaining a steady diet. Is it the Nintendo Wii Fit; Xbox 360 Kinect; Playstation Move; Dance Revolution or the standard exercises in a gym? It also seeks to answer the question whether a virtual partner keep people on a daily exercise routine.</p> <p><b>Methods/Materials</b> The procedure involved searching for volunteers to participate in this study, observing the data of their progress (whether they were losing weight or not), and find which of these exercises would produce the best results. We also conducted a survey by asking students what is the best way in keeping themselves fit, why do they want to exercise, and what do they think is an alternative way to keep you fit.</p> <p><b>Results</b> The results showed that 83% of the volunteers lost weight by using the virtual workout partner exercises while only 16% lost weight by going to the gym and using traditional exercises. Obesity is the number one reason why gamers developed this system to get people involved into things that motivates them. Regarding question number 2, there are many ways in keeping ourselves fit, but around 70% of the students chose regular exercising as an answer. In order to create a visual representation of the results, bar graphs were made.</p> <p><b>Conclusions/Discussion</b> In conclusion, our hypothesis was right. A virtual workout partner from a game system is more effective in losing weight than standard gym exercises.</p>	
<b>Summary Statement</b> This study seeks to determine if virtual workout partners are better than standard gym exercises in helping you lose weight.	
<b>Help Received</b> Ms. Adriatico for guiding us through the process of conducting this research.	