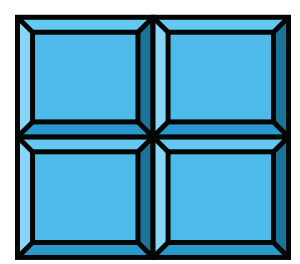


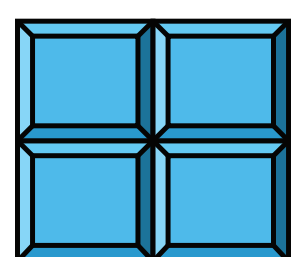
Tetris Weightlifting:

An Experiment in Entertainment Fitness



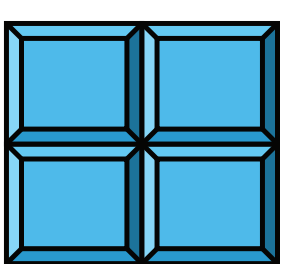
What is entertainment fitness?

Entertainment fitness is using technology to engage users in their exercise rather than to distract them from it. Simply put, *entertainment fitness is using technology to make exercise FUN.*



What is Tetris Weightlifting?

Tetris Weightlifting is an attempt to join casual games with traditional fitness activities. It allows users to exercise by using a weightlifting interface as the control mechanism for a modified version of Tetris.



What did users think?

Users expressed high satisfaction with the system. They focused more on game-play than on exercise, setting goals based on in-game cues rather than traditional metrics such as number of repetitions.

