

ZigZag Exer-Station targeting the Xbox generation

ZigZag's Exer-Station Pro is a muscle strengthening game controller that looks and works just like a typical PlayStation console. But the controller, which was voted 'Best Innovation of the Year 2005,' uses body movements to control the game instead of thumbs. So unlike traditional computer games, the longer you play, the stronger and fitter you get!

The game controller has 20 levels of intensity and up to four controllers can be programmed into any one game so that people can play alone or compete against each other. And, because the workout is isometric there are no joint movements making the exercise safer for children.

CBBC Newsround gives ZigZag a big thumbs up!

ZigZag's interactive facility was first unveiled at Leisure Industry Week in Autumn 2006, where the popular children's TV news show, CBBC Newsround, filmed children trying out the new equipment.

Test-driving the Exer-Station Pro herself, Sportsround reporter Lizzie Greenwood said: "The great thing about these games is that you're so busy concentrating on playing, you don't realise you're actually exercising.

"Whether you're into computer gaming or not, it looks like it could become a big part of PE lessons. So instead of working out in a school gym, you could be getting fit in a virtual world!"

You can see more coverage of the students working out on the CBBC website:
http://news.bbc.co.uk/cbbcnews/hi/newsid_538000/0/newsid_5384900/5384912.stm

