

# Wii Sports Games Inspire Seniors to Get Moving

BY KERRI WACHTER

FROM THE ANNUAL MEETING OF THE AMERICAN COLLEGE OF SPORTS MEDICINE

BALTIMORE — The Wii video game system helped seniors burn calories and become more active in a pilot study of 24 adults aged 66-78 years.

Group members burned 17-176 kcal during 30-minute games of Wii baseball, tennis, or team or individual bowling,

Elizabeth Orsega-Smith, Ph.D., reported.

The participants were enrolled at senior centers in Delaware. They were mostly women (87%) with an average age of 72 years. Participants were independent, community dwelling, and healthy but overweight—their mean body mass index was 32.67 kg/m<sup>2</sup>.

The participants wore accelerometers on their wrists during the games, and the researchers calculated caloric expenditure

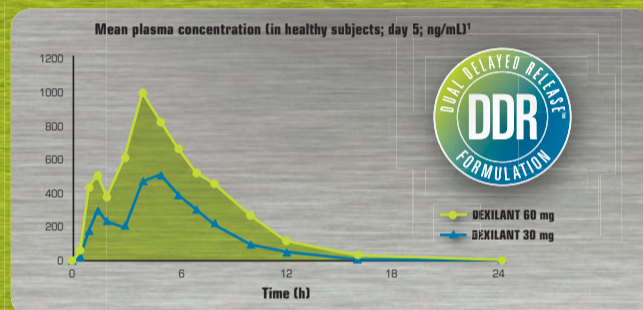
from the readings. Caloric expenditure ranged from 22 kcal to 114 kcal for baseball, and from 17 kcal to 72 kcal for tennis. Caloric expenditure for team bowling ranged from 18 kcal to 89 kcal but was 20 kcal to 176 kcal for individual bowling.

Wii games may be an easy option for senior centers and care facilities trying to get older adults to become more active. “For the most part, the seniors were able to pick up the game pretty rapidly.

They didn’t really have much difficulty in grasping the concept of using the controller and the motions that it takes to bowl, play tennis, or play baseball,” she said. One senior center already had one of the game consoles but did not have a staff member available to help seniors use it; the other center did not have one.

Dr. Orsega-Smith reported that she had no relevant financial conflict of interest. ■

## DEXILANT is the first and only PPI with a Dual Delayed Release™ (DDR) formulation, which provides a second release of drug



- DEXILANT 30 mg provided full 24-hour heartburn relief in a majority of symptomatic non-erosive gastroesophageal reflux disease patients at week 4<sup>1</sup>

**Conclusions of comparative efficacy cannot be drawn from this information.**

### Indications

DEXILANT is indicated for healing all grades of erosive esophagitis (EE) for up to 8 weeks, maintaining healing of EE for up to 6 months, and treating heartburn associated with symptomatic non-erosive gastroesophageal reflux disease (GERD) for 4 weeks.

### Important Safety Information

DEXILANT is contraindicated in patients with known hypersensitivity to any component of the formulation. Hypersensitivity and anaphylaxis have been reported with DEXILANT use. Symptomatic response with DEXILANT does not preclude the presence of gastric malignancy. Most commonly reported treatment-emergent adverse reactions: diarrhea (4.8%), abdominal pain (4.0%), nausea (2.9%), upper respiratory tract infection (1.9%), vomiting (1.6%), and flatulence (1.6%). Do not co-administer atazanavir with DEXILANT because atazanavir systemic concentrations may be substantially decreased. DEXILANT may interfere with absorption of drugs for which gastric pH is important for bioavailability (e.g., ampicillin esters, digoxin, iron salts, ketoconazole). Patients taking concomitant warfarin may require monitoring for increases in international normalized ratio (INR) and prothrombin time. Increases in INR and prothrombin time may lead to abnormal bleeding and even death. Concomitant tacrolimus use may increase tacrolimus whole blood concentrations.

Please see adjacent brief summary of prescribing information for DEXILANT.

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