Fitness Set in Motion?

Holiday preview: Sony and other game makers will challenge players to get off their duffs and keep it moving.

May 25, 2010 By James Wortman

Nintendo might have jump-started the motion-controlled gaming trend when it released the Wii in 2006. But other game makers are experimenting with this new technology's entertainment and possible fitness potential.

This holiday season, Sony will release its own motion controller, the PlayStation Move, for PlayStation 3. About the same time, Microsoft will release Project Natal for Xbox 360, which ditches game controllers completely and allows players to use their whole body to control in-game movements.

And you thought *Rock Band* was physically demanding.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/Fitness-Motion-RHSUMMER2010-18458-9002