

<http://www.pocket-lint.com/news/19187/ea-launches-sports-active-wii>

EA launches fitness challenge

"Customizable and personalized fitness product"

by Katie Scott published on 13 November 2008

If you're bored of your Wii Fit, EA thinks it may have something to get you off your behind.

The developer has launched EA Sports Active, which is a "customizable and personalized fitness product".

And it's endorsed by fitness experts, including Bob Greene who apparently helped none other than Oprah Winfrey shed the pounds.

It's claimed to be tougher than the Wii Fit, providing a structured workout that targets different parts of the body, as well as a 30-day fitness roadmap.

It'll tell you how many calories you've burned, supports two players and allows you to adjust intensity levels.

It will come with two specially-designed leg straps that hold the Wii's Nunchuk controller to track lower body movements, as well as a resistance band to support a number of upper body strength training exercises.

EA Active is out in the spring so just in time to burn off all of that Christmas pudding.

