

FitQuest Physical Gaming Arcade

With the generous donations from loyal sponsors; Mount Carmel St. Ann's, Nationwide Children's Hospital, Emerson and Lake Shore Cryotronics, Westerville Parks and Recreation's Community Health Initiative FitQuest was able to revamp The Scene game room at the Westerville Community Center. Previously The Scene had only stationary video games, pool table and foosball table. The pool table and foosball table are still available for use and games were added that will provide physical activity and still appeal to the gamers in the community.

The room features the Nintendo Wii game system which is an interactive video game displaying many sports such as golf, tennis, and boxing and require the player to exert physical effort to get the game into motion. This game will be set up at a flat panel television on the south wall of the room.

The Game Bike Pros (one small and one large size) require pedaling by the player to participate in the game. Operated by a PlayStation 2 (PS2), different game options for this station include ATV, car, and bicycle racing. In anticipation of the success of this element Physical Gaming Arcade, two small bikes with games for ages three (3) to six (6) years old were purchased for the younger children to use in the center's Sprouts Room. These bikes may be available upon request to be used in The Scene.

Finally we have the ever popular Dance, Dance Revolution game stationed at the east wall. This interactive dance game has been recommended by the Center for Childhood Obesity by the Nationwide Children's Hospital staff and is a huge hit in arcades all over the country. Any level dancer can enjoy this game as there are options ranging from beginner lessons to advanced dancer and all provide a great workout!

This game room falls in line with the mission of the FitQuest and FitQuest Kids' Club programs to make physical activity and a generally healthy lifestyle a priority of Westerville citizens. These new features were unveiled on Saturday October 13th during the regularly scheduled Parks and Recreation Family Night Out event. The FitQuest Committee continually hopes to get the message across that exercise can be found in all forms. The purpose of this particular project was to seek an audience with our program that we may not have reached yet. While FitQuest Kids' Club made its debut in the summer of 2006 the response has been much less prominent than that of the more adult oriented FitQuest Program which began in January of 2005. For more information on FitQuest please visit www.fitquest.westerville.org.

The FQ Kids' Club Active Gaming Arcade is available for use by all ages and each of the games are designed to get the participant's heart rate up for the duration of their play time. Each participant must show that they have a resident pass to use the games. A staff member will serve as a monitor in the room during open hours to show participants how to use the games and the hours will be posted in the Parks and Recreation Winter Brochure. For more information please call Amy Davin at 901-6549.