

# GET FIT WITH VR

**& THE TOP VR GAMES OF 2017**

**VR** FITNESS  
INSIDER

# 01

---

## BEATING OBESITY

---

With nearly 40% of the US population considered obese, it's clear that A new solution to getting fit and healthy is desperately needed. Obesity is truly becoming an epidemic, but what if there was a solution that people would pursue as actively as they do playing video games? when fitness, gaming and health converge together, obesity could become a thing of the past!

# 02

---

## THE PROOF

---

Is it really possible to lose weight with a video game? Prevailing thought would have you think that video games and gaming in general is nothing more than filling time. This first hand account proves that VR gaming could very well be the next giant step forward to curing obesity with virtual reality fitness game experiences!

# 03

---

## GET THE GAMES

---

The virtual reality industry saw one of its largest booms in 2016, but 2017 is poised to be an even bigger year with the very best experiences ever created about to be released. Here is your guide to knowing what the best games are for your virtual reality fitness experience in 2017!

## EVOLVING FITNESS WITH VIRTUAL REALITY

Not a lot has changed in the world of fitness since the first person picked up something heavy and put it down. The truth is we haven't evolved much from the days of ancient times when it comes to working out. Just look at the last time you were in the gym: you picked up a dumbbell and performed a few sets of about 10 to 12 reps that targeted a specific muscle group. That's really no different than what Jack LaLane did in the 50s, Charles Atlas did before him, or even the strongman of several decades before them.

Fitness isn't stale but results aren't happening for the masses. A widespread, mainstream, global effort is desperately needed in order to combat the world's failing health and the ever-increasing problem of growing obesity rates.

Enter virtual reality. I can't think of one person who hasn't experienced that singular moment as a child where a video game consumes you. The current state of the virtual reality industry is poised to capture that exact feeling and make millions of people forget about the effort of fitness and get healthy through gaming experiences that will make us all fit again. This special e-book is all about the forecast of that massive change. Here, you'll read about how the industries of fitness, gaming and virtual reality will come together to combat obesity and make people fit, but you'll also see some proof in how exactly that has already begun to work as well as our special picks for some of the best games to help you along your way in your fitness journey in 2017. Let's get started!

## ABOUT THE AUTHORS:

### MICHAEL DE MEDIEROS

(TWITTER: @FOLLOWMDM)

Michael is a brand director, strategic planner, award-winning writer and editor with more than a decade of executive experience transforming several magazines and websites with a proven track record of results, professionalism and leadership. Michael is an American author and editor and has written or co-written over a dozen books. De Medeiros enjoyed a successful tenure as editor-in-chief of Maximum Fitness magazine and Men's Fitness magazine, helping grow the company to a multi-million dollar business.



#### THE NEXT LOGICAL STEP

"Virtual reality is the next logical step for fitness-- one that finally makes fitness available and achievable for everyone, everywhere, in a fun and engaging manner."

### PRESTON LEWIS

(TWITTER: @PRESTONJLEWIS)

Preston is a fitness fanatic, UXUI junkie and product design ninja. Preston led the mobile and online Product Design team at the world's largest online supplement retailer (Bodybuilding.com) & the largest online fitness community (BodySpace). His passion for solving difficult design problems has earned him numerous awards for his work with projects ranging from creating multi-million dollar branding ecosystems, to chart-topping mobile applications with complex information architectures. He carries the same passion for fitness he had as a state champion pole vaulter and collegiate athlete and obsesses over combining great design with new technologies to improve the lives of people around the world.



#### TECH + DESIGN + FITNESS

"I have an insatiable desire to merge the latest and greatest technologies with innovative and usable design to improve the lives of people around the world."

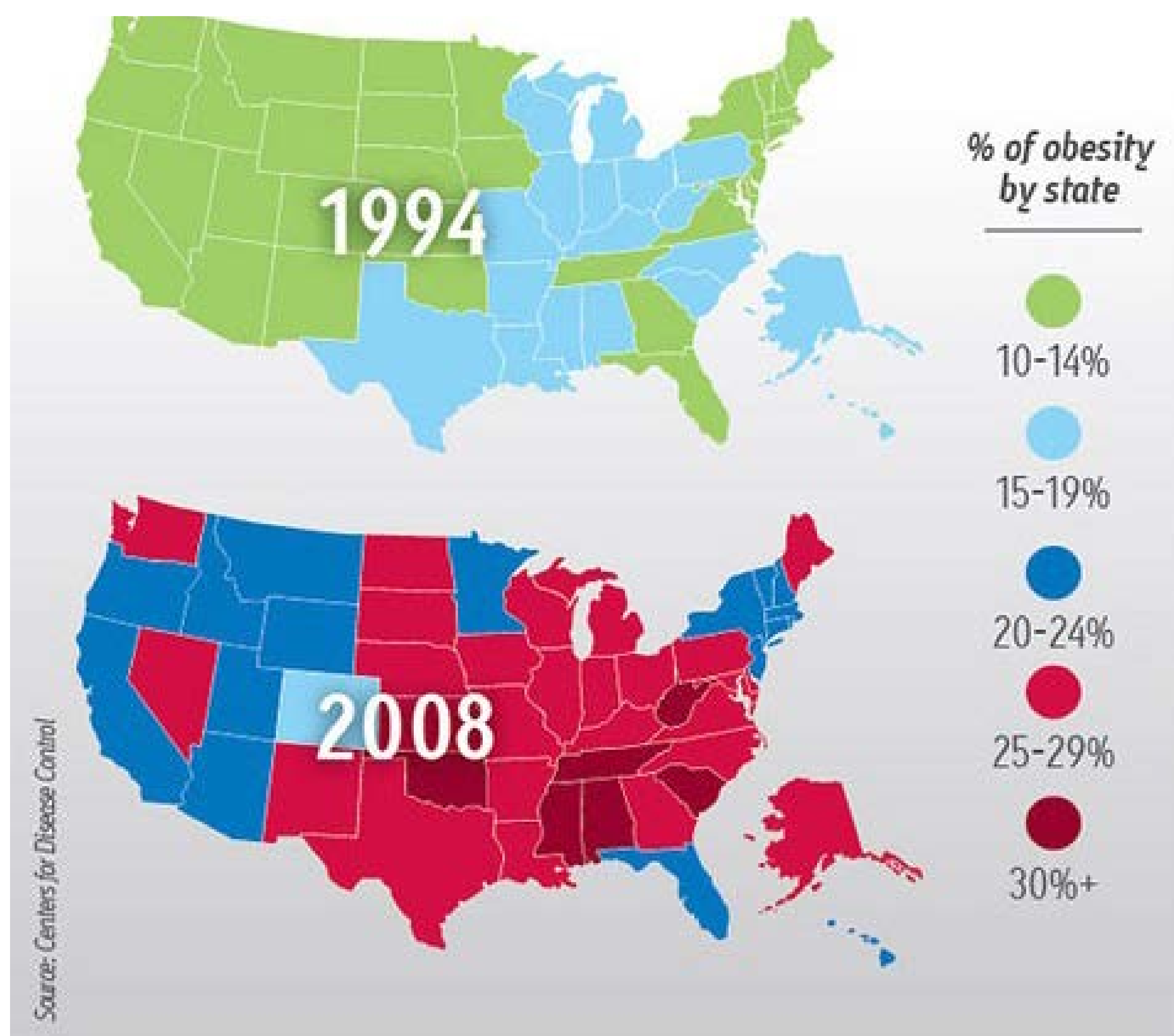


# BEATING OBESITY

IT'S PRESENCE IS NOTHING NEW... BUT THE SOLUTION COULD BE

More than one-third (36.5%) of adults in the U.S. are considered obese. Some obesity-related conditions include heart disease, stroke and type 2 diabetes, and these are a few of the leading causes of preventable death. The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008; the medical costs for people who are obese were \$1,429 higher than those of normal weight.

If everyone would just work out regularly we could solve all of this and save a lot of lives, right? This may be so, but for millions of people, this is easier said than done. Fitness isn't just a sprint, it's more like a marathon. It's a journey with many pitfalls along the way. To the average person, fitness is a chore. It isn't fun and people don't have the time or motivation to get to the gym on a regular basis. So where do we turn for a solution?



**“TO THE AVERAGE PERSON, FITNESS IS A CHORE. IT ISN'T FUN AND PEOPLE DON'T HAVE THE TIME OR MOTIVATION TO GET TO THE GYM ON A REGULAR BASIS.”**

Some companies are turning to new technologies, like virtual reality, to get people moving and curb the obesity epidemic. After all, virtual reality has the ability to transport you to entirely new worlds that are limited by nothing more than your imagination. If there is anything that has the potential to make fitness fun, it's virtual reality.

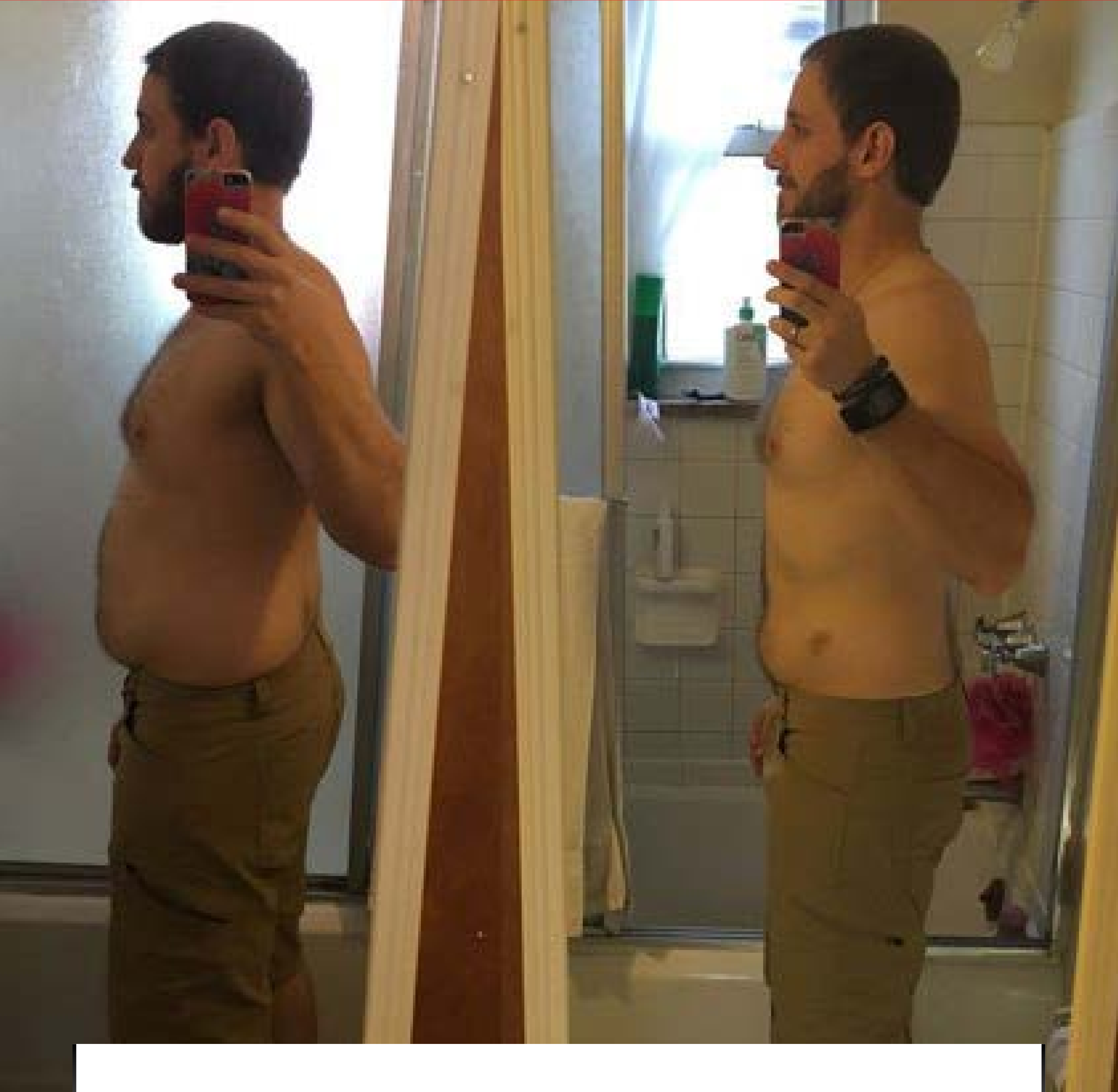
However, virtual reality products and experiences available today offer very little practical use for fitness, aside from some fleeting cardio elements. We consistently turn to technology to solve our health and fitness problems only to be disappointed again and again. The fitness industry has long been plagued with gimmick products focused on generating short-term profits, blatantly ignoring the creation of real results for people looking to live healthier lives. Something is still missing and we are tired of waiting.



But how do we have time to workout when we are busy playing video games? 63% of U.S. households are home to at least one person who plays video games regularly (3 hours or more per week). Compare that to what the Mayo Clinic recommends: the average adult should exercise 2.5 hours of moderate aerobic activity a day or 1.25 hours of vigorous aerobic activity a week. But we are full of excuses like, “oh, I just want to relax” and “I just can’t find the time.” If we could get people to spend more time exercising and less time sitting on the couch playing games, we could start making a dent in the rapid growth of obesity.

**“63% OF U.S. HOUSEHOLDS ARE HOME TO AT LEAST ONE PERSON WHO PLAYS VIDEO GAMES REGULARLY (3 HOURS OR MORE PER WEEK). THE AVERAGE ADULT SHOULD EXERCISE 2.5 HOURS OF MODERATE AEROBIC ACTIVITY A DAY OR 1.25 HOURS OF VIGOROUS AEROBIC ACTIVITY A WEEK”**

I believe a paradigm shift is coming. The combination of fitness, virtual reality and gaming will be the innovative combination needed to stop the epidemic once and for all. By combining the immersive nature of virtual reality with the addictive nature of games, the best fitness trainers and game developers will create experiences in the future that make fitness fun and encourage us to develop healthy habits. Instead of sitting on the couch, instead of looking in the mirror and doing another 3 sets of 10 reps, bored out of our minds, we’ll be champions of worlds. Every physical movement we make in reality will be mapped to the virtual. We’ll be fighting battles in imaginative worlds with our friends by our sides, with crowds shouting our names. We’ll be addicted to living a healthy life, and it’ll be a blast.



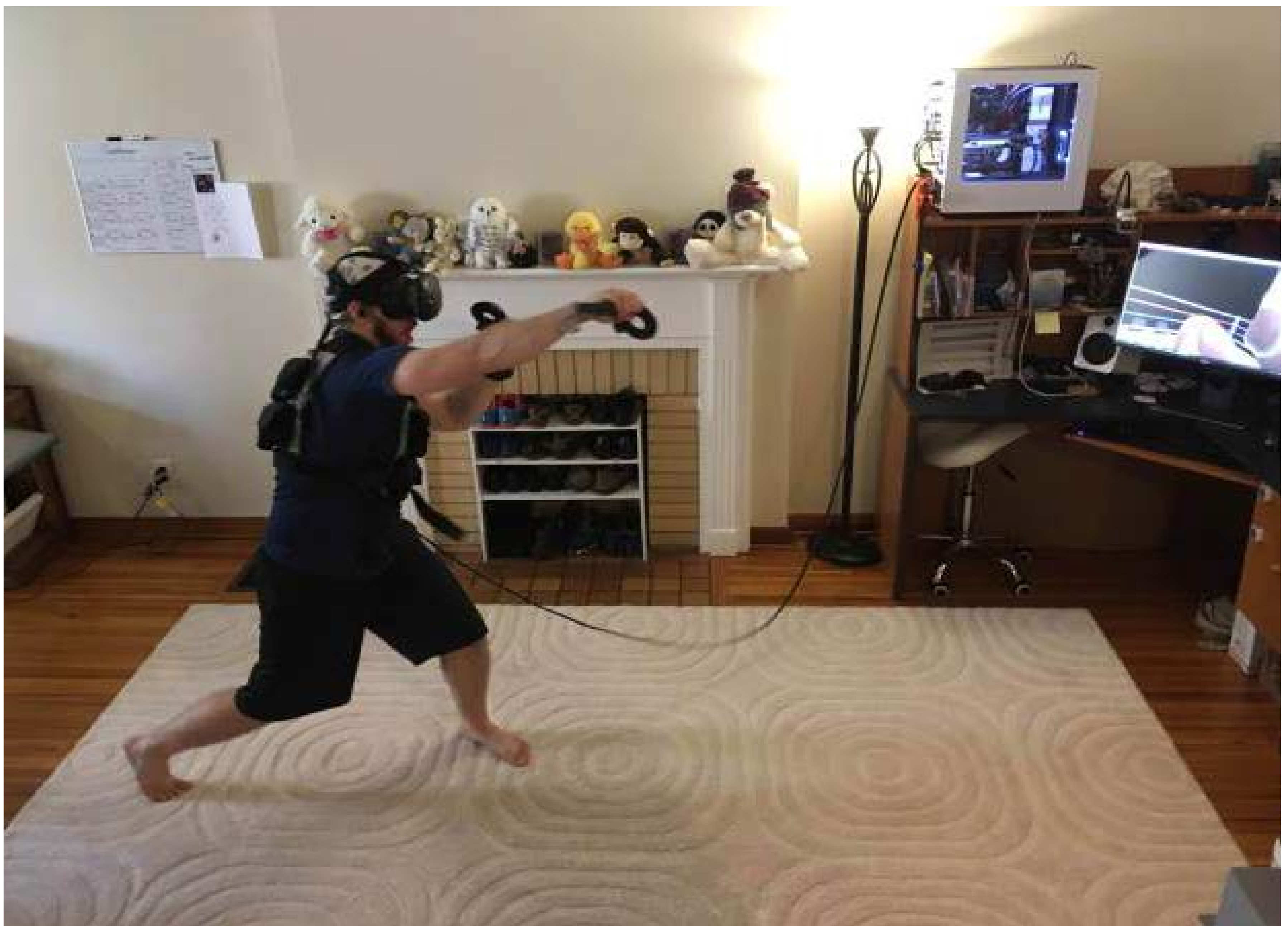
# THE PROOF

THE RESULTS OF A VR FITNESS TRANSFORMATION

## DON'T TAKE OUR WORD FOR IT, TIM IS THE PROOF

The vision of virtual reality in Science Fiction has nearly always been of a medium that turns people sedentary but this has not proved to be the case in VR's recent renaissance. VR has taken over in many unexpected ways, most recently in the realm of fitness. VR engages the user physically, requiring action and reaction. Instead of relying on thumb strength to move the sticks, modern gamers are immersed in virtual sword fighting, boxing, and shooting, effectively completing a full body workout.

Recently, reddit user, Tim Donahey AKA u/leppermessiah1, decided to create a 50-day fitness challenge for himself using VR to test its effectiveness and the results were astonishing.



**Tim in action busting out his VR Challenge**

Early in August, Donahey shared that his challenge was inspired by a comment from UFC Host and podcaster, Joe Rogan, that future gamers might be some of the most fit people from playing with VR. After strapping up a heart monitor and clocking in just over an hour with his HTC Vive, Donahey was amazed to learn that he had burned nearly 900 calories.



## THE INITIAL SESSION

After this initial session, Donahey planned out a more rigorous weekly schedule and stats. For example, [here](#) is his synopsis for week one:

### MY WORKOUT:

10 min: The Lab's Longbow (Warmup)

20 min: Thrill of the Fight

20 min: Holopoint (Squat to dodge)

10 min: Holoball (cooldown pace)

### HERE ARE THE RESULTS SO FAR:

Starting Weight: 180.4 lbs

Current Weight: 176.3 lbs

Waist: 39.25 in. (Down 3/4 in)

**WEEKLY WEIGHT LOSS: 4.1 LBS**

**TOTAL WEIGHT LOSS: 4.1 LBS**

**% OF GOAL (14.3 LBS): 29%**

### SOME ADDITIONAL WEEKLY DATA:

Total sessions of high-intensity VR training: 5

Total hours of high-intensity VR training (including warmups and cooldown): ~5:26

**AVERAGE CALORIES BURNED PER SESSION: 797 KCAL.**

Donahey also related that his goal for 50-day challenge was to “lose weight and increase fitness using nothing more than VR conducted at a high intensity pace, some walking, and good nutrition.” The main idea is to see how beneficial a VR fitness routine could be without changing one’s lifestyle too drastically.



## THE HALFWAY POINT

By week 4, Donahey had reached his halfway point and had come up with some new modifications to his routine. [Here](#) are his stats from week four:

### MY WORKOUT:

10 min: Audioshield (Warmup)  
 20 min: Thrill of the Fight  
 20 min: Holopoint (Squat to dodge)  
 10 min: Holoball (cooldown pace)

### HERE ARE THE RESULTS SO FAR:

Starting Weight: 180.4  
 Current Weight: 170.6 lbs  
 Waist: 38 in. (Down 1/2 in. from last week, 2 inches total)

**WEEKLY WEIGHT LOSS: 1.9 LBS**  
**TOTAL WEIGHT LOSS: 9.6 LBS**  
**% OF GOAL COMPLETED (OF 14.3LBS): 67%**

### ADDITIONAL WEEKLY DATA

Total sessions of high-intensity VR training: 5  
 Total hours of high-intensity VR training (including warmups and cooldown): ~5:18

**AVERAGE CALORIES BURNED PER SESSION: 699 KCAL.**  
**(UP 3 KCAL FROM LAST WEEK)**

Weighted Vest: 15 lbs.

It's interesting to note that Donahey added in a weighted vest to the routine. Adding the vest is to combat a training plateau, which is when the body becomes "used" to the strenuousness of an exercise and doesn't need to expend as much energy to complete the exercise. Donahey writes, "I'm glad to see that the calorie burns have evened out over the past couple of weeks after declining in the first two, and I think I partly have the weighted vest to thank for that. I've crept up to an additional 15 lbs now and it's definitely notched up the intensity a bit."



## WRAPPING IT UP WITH RESULTS

At the end of his 50-day challenge, Donahey is much further from where he started at the beginning with the first VR fitness session. [Here](#) are the stats from week 6:

### THE WORKOUT:

10 min: Audioshield (Warmup)

20 min: Thrill of the Fight

20 min: Holopoint (Squat to dodge)

10 min: Holoball (cooldown pace)

### THE RESULTS SO FAR:

Starting Weight: 180.4

Current Weight: 168.2 lbs

Waist: 37.0 in. (Down 1/2 in. from last week, 3 inches total)

### WEEKLY WEIGHT LOSS: 0.0 LBS

### TOTAL WEIGHT LOSS: 12.2 LBS

### % OF GOAL COMPLETED (OF 14.3LBS): 84%

### ADDITIONAL WEEKLY DATA:

Total sessions of high-intensity VR training: 5

Total hours of high-intensity VR training (including warmups and cooldown): ~5:25

### AVERAGE CALORIES BURNED PER SESSION: 717 KCAL. (UP 5 KCAL FROM LAST WEEK)

Weighted Vest: 17.5 lbs. (same weight as last week)

([before and after](#) the 50-day VR Fitness challenge)

The amazing aspect of the 50-day VR fitness challenge is how well suited it is for participants to monitor their progress. Donahey made it a point to specifically track his heart rate during training sessions. He says, “I use a Polar H7 heart rate monitor, which is purportedly one of the more accurate, especially as compared to optical heart rate monitors found on most smart watches and fitness bands.”

Probably the most impressive aspect of the 50-day VR fitness challenge is how accessible it is to other VR enthusiasts. As VR technology becomes more available, people from all over can contribute to projects like these. Donahey writes in his [Final Results](#):

“I CAN THINK OF NO BETTER WAY TO RETURN THIS INCREDIBLE GIFT THAN TO SHARE IT WITH AS MANY PEOPLE AS I CAN. OUR VR FITNESS GROUP NOW NUMBERS OVER 40 MEMBERS. NEW VR FITNESS CHALLENGES

ARE STARTING TO CROP UP AND PEOPLE ARE SEEING RESULTS. IN THE FUTURE, I BELIEVE THAT GAMERS WILL BE SOME OF THE FITTEST PEOPLE ON THE PLANET. THE FUTURE STARTS NOW.”

Indeed, the future starts now and it is inspiring to see people band together using VR to achieve their fitness goals. Anyone interested in doing the challenge and finding more information can join Donahey and others in their [myfitnesspal group](#).





# GET THE GAMES

NOW IT'S TIME TO GET THE VR GAMES TO MAKE FITNESS FUN!

## GET FIT WITH THE TOP 10 HTC VIVE GAMES COMING IN THE NEXT YEAR

Most people don't need any added incentive to try out the games on their HTC Vive, but one look at these 10 games that are about to be released is sure to make even the most passive gamer jump for joy. So, go ahead, get up, burn some calories, save the world, build endurance and fight off zombies (and a whole bunch more) with these hand picked games you're sure to love in the coming months! You can thank us later.

### 1. RESIDENT EVIL 7 BIOHAZARD

The new Resident Evil game provides the casual player with a huge creep and jump scare experience that is a needed market in VR. Not only does the game look graphically impressive, but it adds a look at how well VR can be integrated with controller technology. This game is dated to be released in January of 2017 and is sure to get your heart pumping!



### 2. FALLOUT 4 VR

Currently, the only way to get your hands on VR for Fallout 4 is by using one of the many VR transforming video games. Fallout 4 was an amazing and active game all by itself but the creators of Fallout 4 announced a release to make the game VR, which will be released some time in 2017.



### 3. DON'T KNOCK TWICE

Another scary game, the goal of the game is to save your daughter but it brings a new aspect to the VR world: breakable doors. While other games have incorporated breakable objects, breaking a door in order to see through to the other side is a new aspect. Get your legs ready for some serious kicks! This game is dated to be released in March of 2017.



#### 4. ARKTIKA. 1

While the release date has yet to be named, this game is currently set to come out in the future and seems very impressive in terms of customizability and action-based combat. One of the very rare games that has customization as an option within the game, it was announced in October of 2016.



#### 5. LAUNCH SQUAD VR

While not as good as many of the other games on this list, it does provide a very unique aspect to the gaming environment as it provides you with the experience of slingshot paintball. Paintball and archery seem to have become staples of this industry thus far so it was only natural that these two genres mix together, which this game seems to be the result of. After one session in this experience, you'll know how strong your arms are. This game is dated to be released in 2017 but there is a current Alpha out for it right now.



#### 6. GOLEM

Golem is another interesting game that we're really looking forward to in 2017, as it brings a surreal aspect to the virtual world by playing through a character that explores through golems. While not much information has been provided about the length of the game, it looks very pretty and looks like it will be among the best games out there for the PlayStation VR and the fight scenes are sure to get you off your feet and moving to say the least!



## 7. KORIX

Korix is a new spin on an old idea in the real time strategy world. The entire point of the game is that you are placed somewhere in space where you must fight to survive. The unique spin is that you control and build things in the perspective of VR. This game is supposed to come out in the early months of 2017.



## 8. MEGATON RAINFALL

Megaton Rainfall is a game that has been a long time coming and will finally drop for the PlayStation VR. This game allows you to be an all powerful superhero that needs to save the Earth from an invading alien species. While the storyline is basic, the concept behind a Earth-size Earth, completely destructible environments, and the ability to go from no speed to Mach 10 is a very new concept that pushes the limits of VR. This game is supposed to come out in the early months of 2017.





## 9. STATIK

Statik is a new puzzle-based adventure game that combines perception tricks and mind bending puzzles. While not that big, it seems to provide another unique aspect to the VR world that looks very intriguing. This game is set to release in the early months of 2017.



## 10. XING: THE LAND BEYOND

This game has already released for the PlayStation and has proven to be a very good game to the PlayStation family. As a result, this game will be receiving a VR update so that it is compatible with PS VR in 2017. This is a puzzle based adventure game.



## VR + GAMING IS THE FUTURE OF FITNESS

Here at VRFitnessInsider.com, we have no doubt that virtual reality is the next step in the evolution of gaming and fitness. We are so sure that these two industries will combine to change the world that we want to invite you to showcase your results and your fitness journeys on our website. There's no better time than right now to take advantage of the massive leaps the virtual reality gaming experiences have crafted that will inevitably make you your fittest ever. If you plan on using VR to get fit, we want to hear from you! Email us at [hello@vrfitnessinsider.com](mailto:hello@vrfitnessinsider.com) and let us know when you plan on starting, what you plan on doing and feel free to ask us for our advice and tips to ensure that you get the most out of your next VR fitness workout.

## GET THE FREE VR FITNESS INSIDER APP!

- Daily VR / AR News
- Push Notifications
- Quick Category Filtering
- Exclusive Articles

# THANKS FOR READING

ENJOY CONTENT LIKE THIS  
AND OTHER VR FITNESS  
RELATED ARTICLES AT:

[VRFITNESSINSIDER.COM](https://vrfitnessinsider.com)