



# VR Fitness Insider Beginner's Guide

2018

vrfitnessinsider

The benefit of playing games in VR, is that they offer you the ability to enjoy exploring and adventuring within the narrative context of video games, while offering you a way to get exercise consistently.

This VR Fitness Beginner Guide will show you what you need to get started in Virtual Reality but also show you how to use it as part of your fitness routine. We will also go over how to change certain areas of your life like nutrition and supplementation so you can get the most benefits from your VR fitness.



[vrfitnessinsider.com](http://vrfitnessinsider.com)

# Video games captivate 2.2 billion people across the globe each year.

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## And, chances are, you're one of those 2.2 billion people. Why is this such a revelation?

Video games grant you the freedom to experience a slice of life as anybody else, rewarding you for completing objectives, and allowing you to play with or against other humans from any distance—gaming is arguably one of the stickiest forms of media, compelling you through immersive gameplay while flooding your brain's reward system with dopamine.

## This is why 2.2 billion people sit, for hours each day, playing games!

Now—let's talk about the [obesity epidemic](#) that has swept through the modern world. What's one of the largest culprits of obesity?

Sedentary living.

It's important that we address sedentary living in this context, because gaming is traditionally a sedentary activity.

However, that's because playing games for long hours is—like binge-watching your favorite Netflix shows—synonymous with sitting down for long hours.

- Eating too much/too little
- Eating unhealthy foods or the wrong balance of food types
- Not getting enough (or any) exercise due to inertia
- Consuming unhealthy quantities of alcohol
- Casually smoking or chain-smoking tobacco products

The benefit of playing games in VR, is that they offer you the ability to enjoy exploring and adventuring within the narrative context of video games, while offering you a way to get exercise consistently.

This VR Fitness Beginner Guide will show you what you need to get started in Virtual Reality but also show you how to use it as part of your fitness routine. We will also go over how to change certain areas of your life like nutrition and supplementation so you can get the most benefits from your VR fitness.

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# Overview of VR Fitness

## *Why VR Fitness Works*

The key differentiator between VR and regular video games is that instead of sitting down at a computer desk or on a sofa, you are physically engaged with the space that you've designated in your chosen room—referred to as the play space.

The play space is where you will be walking, squatting, dodging, evading, ducking, aiming, swinging, grabbing, throwing, sidestepping, punching, parrying, blocking, and jumping.

Does that sound like exercise? It is! But it's also how you navigate your VR apps, games and experiences.

## *Using VR to get healthy*

Getting healthy by using VR isn't something that happens overnight. As a weightlifter, lifting weights is a lifestyle choice. As a dancer, dance is a lifestyle choice.

If you seek to get healthy using VR, you need to make it a part of your regular lifestyle.

For some people, this might mean playing a certain amount of high-intensity games each day. Meanwhile, other people can only play low-intensity games so they do that instead. Playing low-intensity VR games while you are at home after a weight training session—instead of sitting down and doing a sedentary activity—can help you stretch your body and recover from the gym.

Regardless. If you slowly replace regular video games with VR games, you'll certainly see your fitness improve.

There are also ways to add additional calorie burn benefits to your VR play sessions. These are detailed throughout the guidebook.

The most important takeaway is that you need to be consistent in your routine; whatever it is.





# VR Headsets





## HTC Vive Pro

The Vive Pro is a premium VR headset that works with PCs and is the newest peripheral on the market. Vive Pro is compatible with both Steam VR 1.0 and 2.0 tracking for controllers and base stations. With 2.0 base stations reaching as far as 10 m x 10 m, which used to be 5 m x 5 m for the original Vive. This iteration of the Vive will also have a chaperone system to keep you aware of your safe zone and can be turned wireless with an adaptor, so you can play active titles like Soundboxing and Holopoint and cover more area.

This headset comes with a dual AMOLED screen, has 2880 x 1600 total resolution, 90Hz refresh rate, and a wide 110-degree field of view. The Wireless Adaptor will turn this high-end headset into one that can be used in arcades, gyms, warehouses, studios, and large open spaces. Before purchasing the Vive Pro run a PC check to make sure your current PC is compatible with it.

Accessories: Wireless Adaptor, Vive Tracker (2018, 2.0 version), Vive Deluxe Audio Strap, Racket Sports Set, extra controllers and base stations, check their site for updates.

Where to get it: [Vive Pro Headset](#)

Where to get it: [Vive Pro Starter kit](#)

Where to find and buy games: [Viveport](#), [Steam](#)

**Price: \$799 Vive Pro headset only, \$1,098 Vive Pro Starter Kit**





## HTC Vive

The HTC Vive is a high-end, PC-compatible VR headset that comes with 2 controllers and 2 base stations for tracking. The Vive can be played sitting, standing, and in 15 feet x 15 feet room scale space to explore virtual worlds in and a chaperone system that will keep you from walking into walls during your VR workouts.

It has dual AMOLED display, 2160 x 1200 total resolution, 90 Hz refresh rate, and a field of view of 110 degrees.

We love the HTC Vive and use it for most of our VR workouts because of its comfort and performance. We do recommend getting the [deluxe audio strap](#) to go with it. It really seems to complete the setup and has great sound.

Where to get it: [Vive](#)

Where to find and buy games: [Viveport](#), [Steam](#)

**Price: \$499 for the HTC Vive.**



## Oculus Rift

The Oculus Rift is another top level, PC-enabled VR headset that has 2 controllers and 2 sensors. To get the most out of your Oculus, we recommend buying a 3rd sensor for a fully supported 360-degree of tracking so, you'll have the 260 freedom to enjoy cardio-intense games or other fun titles.

The Oculus Rift comes with OLED display, 2160 x 1200 total resolution, 90 Hz refresh rate, and a field of view of 110 degrees.

The nice thing about the Oculus Rift is that it is easy to setup and it just seems to always work without issues.

Where to get it: [Oculus](#)

Where to get it: [3rd Oculus Sensor](#)

Where to find and buy games: [Oculus Experiences](#), [Steam](#)

**Price: \$399 for Oculus Rift**



## Windows Mixed Reality

*There are 6 total VR headsets that Microsoft carries in their store: ASUS Windows Mixed Reality, Lenovo Explorer Windows Mixed Reality, HP Windows Mixed Reality, Samsung HMD Odyssey Windows Mixed Reality, Dell Visor Windows Mixed Reality, and Acer Windows Mixed Reality. There are 6 total VR headsets that Microsoft carries in their store: ASUS Windows Mixed Reality, Lenovo Explorer Windows Mixed Reality, HP Windows Mixed Reality, Samsung HMD Odyssey Windows Mixed Reality, Dell Visor Windows Mixed Reality, and Acer Windows Mixed Reality.*

Out of the 6, the Dell Visor and the ASUS Windows Mixed Reality headsets are both PC-compatible VR headsets that have received a lot of attention online. Both come with 2 tracked motion controllers and decent facial padding for intense gaming sessions

The ASUS and the Dell Visor both have a high-resolution 1440 x 1440 display, 90 Hz refresh rate, 105-degree field of view, and a really cool hinged

display so you can take visual pauses as you see fit. The best part of these headsets is the inside-out tracking and six degrees of freedom that involves no extra sensor setup! Plug it into a computer and play on! As always, make sure you test your computer to see if it's compatible with the headsets.

Where to get them: [Microsoft](#)

Where to find and buy games: [Microsoft Store](#), [Steam](#)

**Prices: \$399 for ASUS WMR and \$449 for Dell Visor WMR.**



## Playstation VR

The PSVR needs a PlayStation 4 instead of a PC to run its system. The PSVR comes with 2 Move controllers and a camera that will track your movements. The headset comes with an OLED display that has a 1920 x RGB x 1080 resolution, 120Hz to 90 Hz refresh rate, and a field of view of 100 degrees.

You can play PSVR games standing up or sitting down due to their suggested camera placement. The PSVR Play Area is 6.2 feet x 9.8 feet of space so you can have room to workout in.

Where to get it: [PlayStation](#)

Where to find and buy games: [PlayStation VR Store](#)

**Price: \$299 for DOOM VFR Bundle - \$299 for The Elder Scrolls V: Skyrim VR Bundle**

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# How to Chose the best Computer for VR



*If you choose to go with Playstation VR headset, then you can skip this section because you will not need a gaming PC to power it.*

*If you choose one of the other VR headsets like the HTC Vive or Oculus Rift then read on! This section is intended to help guide you in the purchase of a quality gaming PC that will support Virtual Reality.*

*Here are a list of PC specs that you should be looking for in a gaming computer.*

## **Gaming PC Checklist (as of July 2018)**

A low-range VR Computer includes:

- 7200+ RPM HDD for storage
- 8GB DDR4 RAM
- Intel i5 4590+ CPU or AMD Ryzen 3 CPU
- Nvidia GTX 970, Nvidia GTX 1060, or AMD Radeon RX 580

A mid-range VR build (high settings in games with no SSAA) includes:

- SSD for storage (installing games here drastically decreases load times and smoothens the experience)
- 8GB DDR4 RAM
- 4xxx+ Series Intel i7 CPU or AMD Ryzen 5 CPU
- Nvidia GTX 1070 or AMD Radeon RX Vega 56

A high-end VR build (high settings in games with room to apply SSAA) includes:

- M.2 SSD for storage (this is even faster than regular SSD because it's built directly into the motherboard)
- 16GB+ DDR4 RAM
- 7xxx+ Series Intel i7 or Intel i9 CPU or AMD Ryzen 7 CPU
- Nvidia GTX 1080 or higher, AMD Radeon RX Vega 64 or higher

**Since computer are always changing, we decided to link to our favorite gaming computers.**

HP Omen

<https://store.hp.com/us/en/mdp/omen-880--1#!&tab=vao>

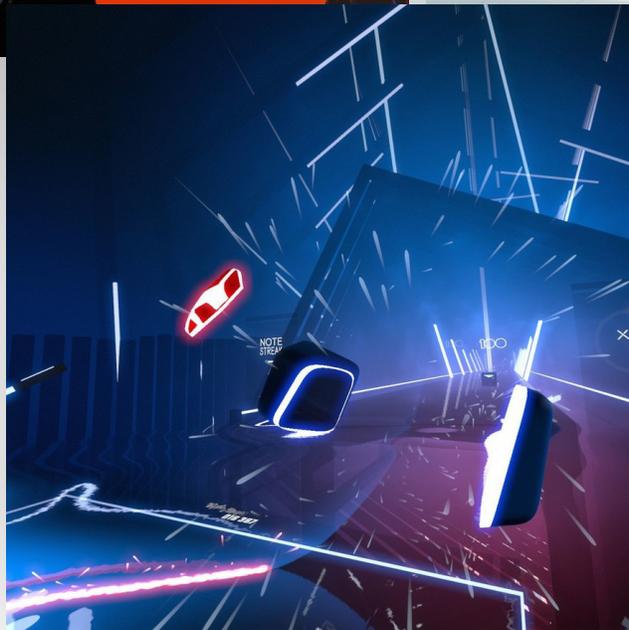
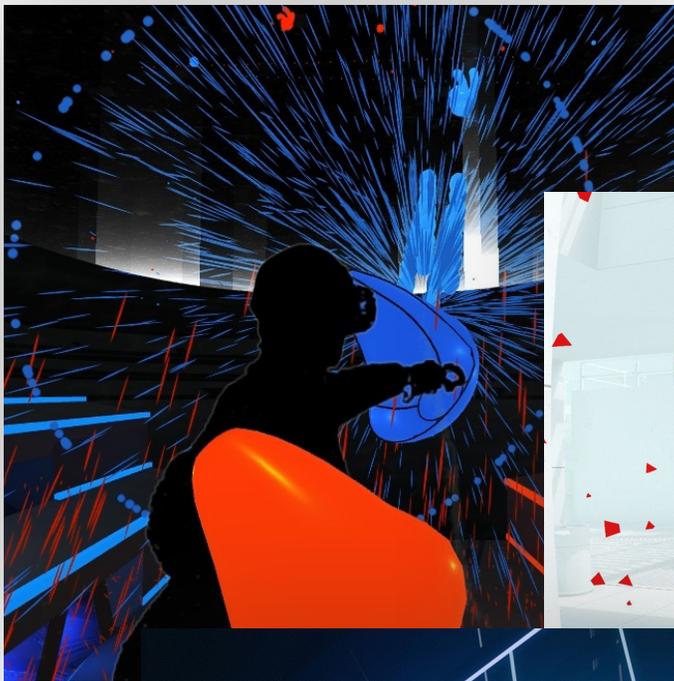
Alienware

<https://www.dell.com/en-us/gaming/alienware-vr>

Asus

<https://www.asus.com/us/ROG-Republic-Of-Gamers/Desktops-Products/>

# VR Fitness Games



*We've sorted through the thousands of VR games online that are the best for fitness that will get your heart racing and will skyrocket your workouts to the next level!*

*Each gaming title will work different muscle groups of the body and some can be used together to form a full body workout session for VR. Other games will be full body workouts on their own that will help active individuals tackle strength and conditioning.*

*Get your VR controllers, your VR cover, sweatband, and VR headset ready! Let's get started!*

## Box VR

**BOXVR** is one of the first games on the VR platform made specifically as a fitness program, by fitness training professionals. Box VR players punch to the beat and get their sweat on while listening to the heart-thumping rhythm of electronica. It's a rhythm boxing game, not a shadowboxing simulator. This is a VR game that is great for conditioning the arms, shoulders, and chest while getting some sweat dripping cardio in. Expect to burn over ~400-600+ calories per hour in BOXVR.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Check out [our review](#) of BOXVR here.

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Beat Saber

**Beat Saber**, which is only currently available on PC VR but is supposed to be out on PSVR before the year is out, is an incredibly fun rhythm game that hands you dual-colored lightsabers and has you slash beats as they pass by you. The gameplay can lead to fun moments where you're almost dancing to the music while feeling like a lightsaber dual-wielding badass.

Depending on the difficulty level that you choose to play in, you can expect to burn about ~250-500+ calories per hour in Beat Saber.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here's [our review](#) of Beat Saber.

Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR

Not yet release for PSVR but coming sometime in 2018



# Sprint Vector

**Sprint Vector** is an ingenious racing game where you use your controllers to “sprint” forward by pumping your arms back and forth. It’s kind of like a skiing simulator, but the amount of exertion that you need to use to compete with other players and AI competitors is enough to work up a sweat.

Sprint Vector can be as intense a game as Sparc, so expect to burn more than ~300+ calories per hour.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here’s [our review](#) of Sprint Vector  
Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR



# The Thrill of the Fight!

**The Thrill of the Fight!** is PC VR’s heftiest boxing simulation. It is not arcadey in any form, with virtually no long-term scorekeeping system and few visual or auditory cues to let you know if you’re winning. It’s a game that is fundamentally about outlasting your opponent in the ring and beating him tactfully, by landing critical blows to the correct points on his body and face while dodging and blocking his punches. Unsuspecting players often complain that they can’t keep playing after the first 2 or 3 fights of a session, because the game has knocked them on their ass. That’s because it’s a real HIIT workout.

An hour of The Thrill of the Fight! can land you a whopping ~500+ calories per hour, which is on the low side for this game.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here’s our review of [The Thrill of the Fight!](#)  
Headsets supported: HTC Vive, Oculus Rift, Windows MR

# Sparc

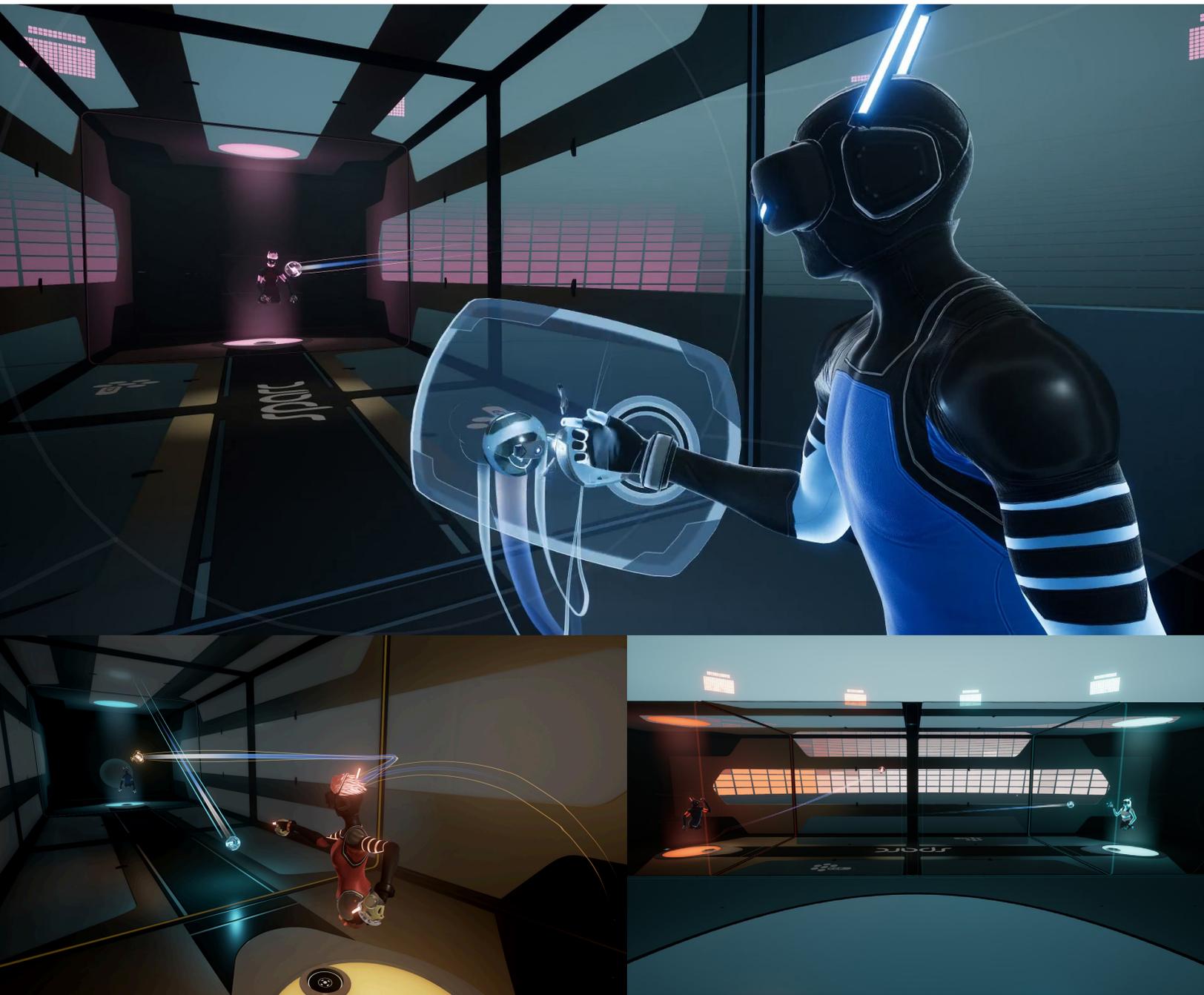
**Sparc** is a multiplayer competitive VR game that resembles dodgeball, but with the additional flavor coating of having been inspired by the disc-arena game from *Tron: Legacy*. You can go toe-to-toe with opponents from around the world, whether on PC or PSVR, and the amount of practice required to get good at the game is enough to view it as an actual sport.

A session of Sparc can result in ~200-400 calories burnt per hour.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here's [our review](#) of Sparc.

Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR





## Rec Room

**Rec Room** is one of the strongest multiplayer games in VR, and is currently cross-platform across all VR systems. It's focused around playing competitive and cooperative minigames, collecting prizes, and leveling up your character with other people around the globe.

You will burn around ~150-300 calories per hour in Rec Room.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Our [coverage](#) of Rec Room.

Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR

## Skyrim VR

**Skyrim VR** is unchanged from its original flat-screen version in every way except for the fact that you're standing in-place of your virtual character. Which is fantastic, because in Skyrim VR you actually get to become the Dragonborn. If you want an immersive RPG experience that will sweep you into its fantasy narrative for countless hours, get Skyrim VR.

Depending on how you play, you can burn ~150-500 calories per hour in Skyrim VR.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Check out [how](#).

Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR



# Knockout League

Knockout League is a cartoon boxing game that pits you against a series of enemies, each with their own style of fighting. The game is about fighting each opponent until you learn their styles and are able to counter them. It also comes with simulated pad-training, a speed-bag and a heavy bag to practice with.

Expect to burn an upward of ~300-500 calories per hour in a heavy session of Knockout League.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Take a look at [our review](#) for more info.

Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR



# SUPERHOT VR

**SUPERHOT VR** is the closest thing to being inside of the Matrix as Neo. It is a game where time only moves where you move, which you need to learn how to control as you strategize the best way to clear each area. It's a lot like playing Ultimate Ninja with your friends back in school, except you can pick up dual pistols—and throw them at your enemies when you run out of ammo.

You'll burn between ~150-400 calories per hour in SUPERHOT VR, depending on how intensely you play.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here's [our review](#) of SUPERHOT VR.

Headsets supported: HTC Vive, Oculus Rift, PSVR, Windows MR



## Echo Arena

Echo Arena (aka Echo VR) is a competitive VR sport where teams of 3 players compete between one another to land a disc in the other team's goal. The twist is that the entire game takes place in zero-gravity, and players must propel themselves forward with thrusters, rocket boosters, objects in the environment, and even by slingshotting off of one another. It's much like soccer meets ultimate frisbee, in zero-gravity, in VR. It's an Oculus Rift exclusive, but can be accessed by using ReVive.

Depending on how you play, expect to burn ~200+ calories per hour in Echo Arena.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Check out [our review](#) of Echo Arena here.

Headsets supported: HTC Vive, Oculus Rift, Windows MR

Note: If you use a Mixed Reality headset, here's [how to get Echo Arena working](#).



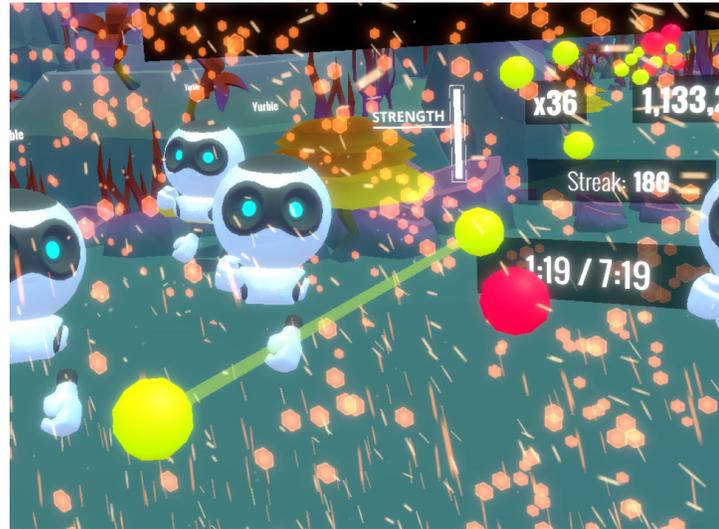
# Soundboxing

**Soundboxing** is a rhythm game that works similar to Beat Saber or BOXVR, in that you need to engage objects as they come to you. It has a variety in music selection due to its custom level creation and level-sharing feature. Soundboxing is ultimately a fitness boxing game like BOXVR, where there is more effort required on your part to attack the beats and manage your cadence.

Read VR Fitness Insider's review of Soundboxing [here](#).

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Gorn

**GORN** is a brutally addictive gladiator arena simulator. It comes with a plethora of weapons, the enemies are numbered yet easy to beat, and there are plenty of ways to gruesomely (and creatively) decapitate your foes. It's the kind of game where you might do real damage to your physical environment if you aren't careful about designating your play space, but you'll have plenty of guilty fun as you go absolutely haywire in GORN.

Expect your rampage to burn upwards of ~250-500 calories per hour in GORN.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here's [our review](#) of GORN.

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Holopoint

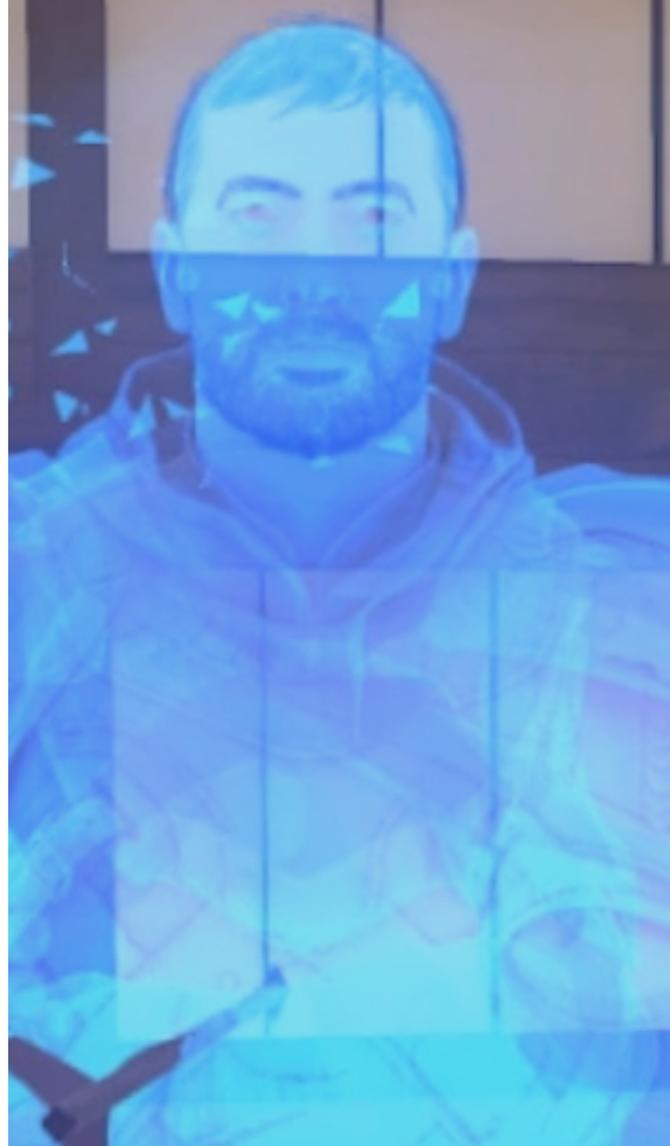
**Holopoint** is another intense workout game, up there with BOXVR and The Thrill of the Fight! While less polished than either game, it is the closest thing to a competitive archery simulator that you can find in VR. In it, you must shoot every target that appears in a full 360 radius around you. The twist here is that not only must you draw each arrow from behind your back, you also need to dodge projectiles and enemy soldiers that will try to kill you. Think that's hard? You only have 3 lives in a round, and the game only saves your progress after completing 5 rounds.

Holopoint will easily melt ~400+ calories from your body per hour.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Here's [our review](#) of Holopoint.

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Audioshield

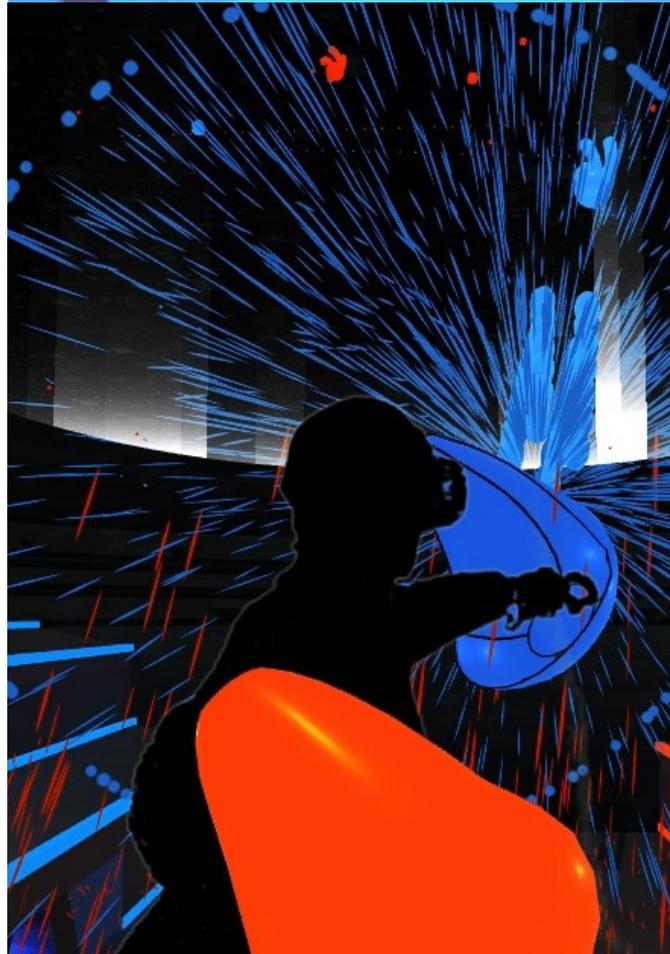
**Audioshield** is a rhythm game, but instead of punching or slashing boxes, you hold up shields to block incoming orbs. The levels are procedurally generated, however you have the option to pull all of your music directly from YouTube, or from any file stored locally on your computer.

On harder difficulty levels, Audioshield can provide a great workout worth upwards of ~400+ calories per hour.

Check out VR Fitness Insider's [review](#) of Audioshield.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Hot Squat

If you want to obliterate your legs, there's no VR game that gives you a stronger leg workout than Hot Squat. "Game" is also sort of a loose term, since the only objective you have in Hot Squat is to beat your previous score of consecutive squats in a row. That's it. That's the game. But the twist is that, the longer you go, the harder Hot Squat pushes you to squat lower and for a longer time. Hot Squat's challenges exist in the form of moving tunnels that come directly at your play space, that you must clear, and that you cannot touch with any part of your headset or controllers. Over time, the tunnels lose width and height, which they make up for in sheer length. Meaning that, after you're dying from your 150th consecutive squat, Hot Squat will absolutely punish you for trying to take a "break".

Expect to burn about ~400+ calories per hour in Hot Squat, if you can last that long, but don't push yourself too hard if you need the full capability of your

legs over the next few days.

Here's [our review](#) of Hot Squat.

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Racket: Nx

VR has always been a natural fit for racquetball; ever since the Nintendo Wii released with Wii Sports, VR seemed like the most logical next step for sports games. This capability is explored in Racket: Nx, a spacefaring arcade racquetball simulator that does a fantastic job of making you feel like you're playing hyper-powered racquetball in a 360 degree dome. It includes a multiplayer mode, which is nice, but the real fun is in trying to beat the game's campaign—a series of increasing challenges where success leans heavily on your hand-eye coordination and your ability to properly finesse the ball around the court.

Expect to burn about ~250+ calories per hour in Racket: Nx.

You can find our review of Racket: Nx [here](#).

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*

Headsets supported: HTC Vive, Oculus Rift, Windows MR



# Space Pirate Trainer

**Space Pirate Trainer** basically puts you into the saddle as a dual-pistol wielding bounty hunter from space (think Boba Fett or Star-Lord), where you shoot your way through waves of drones and robots that barrage you with lasers a'plenty. What makes Space Pirate Trainer cooler than other wave shooters is its fantastic use of space, with most of the combat taking place as an exchange of high-powered lasers and rockets and bullets between high altitudes. You will randomly find shields and other useful power-ups that allow you to take cover inside of your play space. It also has toggleable slow motion (toggle it off if you want to feel like a true badass), and a heart-pumping original electronic score.

You'll burn about ~300+ calories in Space Pirate Trainer per hour with slow motion, or ~400+ if you play without slow motion.

Go [here](#) to read VR Fitness Insider's review of Space Pirate Trainer.

Headsets supported: HTC Vive, Oculus Rift, Windows MR

*Disclaimer: The number of calories that you burn while playing this game is dependent on how involved you get while playing.*



# VR Workouts

If you're a fitness novice looking for a way to dip your toe into the world of virtual reality fitness it might be tempting to start out with games that are often cited as giving the "best workout," but what's best for some may be too strenuous for others.

Our advice to newcomers is not to do the VR equivalent of what a lot of people do their first time at the gym, namely by trying to test your physical limits and loading up the most weight you can on the barbell and then using poor form at the risk of injury struggling it upwards. These people often overextend themselves and then give up altogether because it results in a bad experience. In VR, as in the gym, it's always best to start light and work your way up.

**Here are some VR workouts that will get you started!**

[Easy VR Workouts for Beginners](#)

[HIIT or LISS? How to Build a Perfect VR Workout](#)

[Can I Get a Summer Body In VR? \(You Can! Here's How\)](#)

[A High-Intensity VR Workout to Battle the Wintertime Blues](#)

[Extreme Intensity VR Workout – Guaranteed to Make You Sweat](#)

[Easy VR Workout That's Not Just for Beginners](#)



# Protect Your VR Headset

Taking care of your headset is very important and will make your VR workouts much more comfortable.

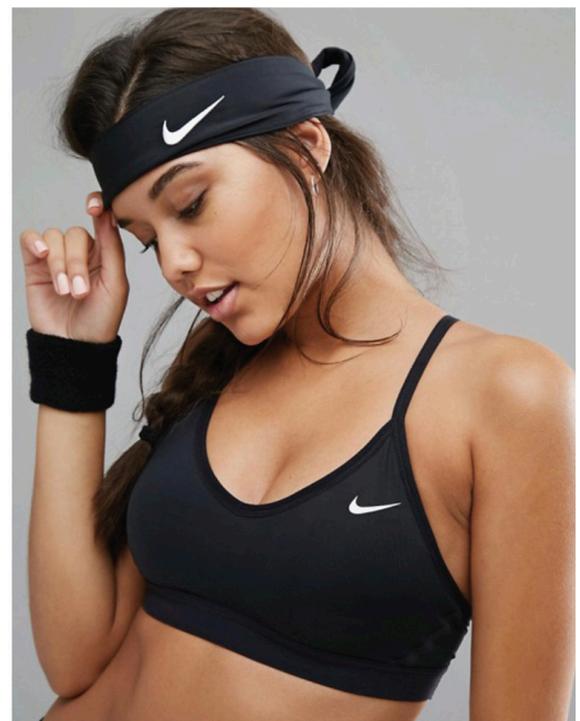
Sweat **isn't the worst** thing to worry about when you play games in VR, and it can be prevented if you use these tips.

- Wear a [sweatband](#) or sports [sweat cap](#)
- Install a new leather [VR Cover](#) to your headset
- Use a VR [Washable Cover](#) or use the [Disposable Hygiene Covers](#).
- Keep your AC at low temp
- Have fan pointed at your play space

When you work out in your headset it's important that you at least wear a [VR Cover](#), which absorbs the sweat from your forehead and cheeks. This is far better than allowing it to soak into the foam padding that currently lives inside most consumer-brand VR headsets.

Additionally, it's a fantastic idea to cool down your play space to keep yourself from overheating during your workout session.

Always wipe down your headset after each workout session. You can use antibacterial wipes. Be careful of the lenses and use a microfiber cloth for them.



Sweatband

## Washable Covers

The Washable VR Cover is designed to improve comfort & hygiene and will make you want to cuddle with your Vive more than ever before. Two layers of 100% cotton absorb moisture helping with active and sweaty VR experiences. Simply machine wash when necessary, attach the second cover and you're good to go for hours on end. Now available in gray, red, blue and navy.

Available for [HTC Vive](#) and [Oculus Rift](#)



[Washable Covers](#)

## Disposable Hygiene Covers

If you are working up a sweat using VR then the Disposable Hygiene Covers are for you. Constructed with three layers of moisture absorbing materials the covers can handle even the most intense workouts. Now compatible with the Oculus Rift, HTC Vive, Samsung Gear VR and more.

The [Starter Kit](#) contains the necessary PU leather foam replacements needed to safely use the disposable covers.



[Disposable Hygiene Covers](#)

## Foam Replacements

The [VR Cover Foam Replacements](#) offers more comfort than stock and allows you to easily wipe clean your device between session. The field of view remains the same but our foam feels much more comfortable.

The soft, durable PU leather on this foam replacement is easy to clean with antibacterial wipes (we recommend alcohol free wipes because they are better for the skin).

Available for HTC Vive, Vive Pro and Oculus Rift



[Foam Replacement Pro Set](#)



# Nutrition

## Eating Clean

You know the set up in the grocery store -- everything processed is in the middle right where you can see it and everything healthy and worth eating on the outskirts. Eating clean may feel like a small hurdle you meant to leap over at lunch yesterday, but can be done at any time by making smart choices.

We know that exercising with VR boosts fitness, maximizes weight loss and builds lean muscle mass when we eat clean. Nixing unhealthy food from your fridge and pantry involves planning ahead, buying, cooking, and then eating real, unmanufactured, whole foods. Think water, whole grains, fruits, vegetables, and lean meats, dairy products, and any other natural foods.

# Why you want to clean up your diet

Some of us live our lives chasing our next snack and meal time because we're so hungry all the time. Does feeling hangry sound about right? What if you could feel fuller for longer and stronger and more energized while exercising? Clean eating and drinking water helps to replenish and refuel what we're losing in the workout but also gives up the power to push ourselves beyond our comfort zone. That's where the real results begin to happen!

Eating processed snacks, drinks, and meals that are boxed, canned, bagged, or frozen in a factory are typically loaded with a ton of hidden and some blatantly high levels of salt, fat, sugars and additives we can't pronounce are all considered unclean. These unhealthy foods may make for an easy to grab snack or meal when we're pinched for time, but they aren't going to provide the body with long-term nutrition.

When exercising, it's important to feed your body with wholesome foods so it can sustain itself with enough energy to play high-energy VR games, go the distance in marathons, and thrive in our lives. Without proper fuel, a sleek muscle car, heck, even a massive mack truck can't run. Without proper nutrition, your body isn't going to look, feel or power through workouts at its best. With clean eating, your health and energy levels can and will soar.



## How it can help you

Poor eating habits can really sabotage your health and fitness goals. A low immune system, feeling tired, and even muscle cramps might be a sign you've let your nutrition slide. Let's not get complacent and let's stay on top of what we feed our bodies. Taking the wheel on what we put in our mouths is one of the most important things we can do to become our best selves.

Clean eating has helped many people trade in their go-to greasy bag of french fries and cheeseburger for much healthier and fulfilling snacks and meals like smoothies and veggie sticks.

---

## Here are 5 ways that eating clean can help us become healthier and more fit:



**Lose weight.** Eating clean means ditching the processed foods and refined sugars for healthy fruits, veggies, nuts, grains, and proteins which are naturally better for you. Steaming, baking, and grilling foods or eating them raw helps to avoid frying them in icky grease. The fiber in veggies and fruits make you feel fuller longer and therefore will help you eat less frequently. Pair clean eating with VR fitness and weight loss is inevitable!



**Boost energy levels.** Ditching a bowlful of sugary cereal for a glass of kale and kiwi smoothie or something like it can boost our brain's ability to think clearly and unleashes our body's natural energy and power. Add natural foods to every meal and watch energy levels rise and VR workouts become more fun and empowering to do.



**Lessen sugar and fatty cravings.** The cleaner the foods we eat the less our bodies crave and beg for all that other junk. That voice inside us may think we can't live without chocolate, pie, sodas or chips (pick your poison), but then again we've spent a long time training our brains to crave it and things like it, which makes us think we need it. Shut the cravings down. We don't need it, we want it. Let's train our brains to crave what's good for us instead.



**Saves money.** Takeout delivery services are easy, cost a lot of money, and are the lazy person's personal chef. Don't fall into fast food's money trap of convenience. It may seem convenient at the moment, but ordering takeout daily will eventually wreck the bank account and the waistline. Planning healthy meals ahead of time, cooking instead of ordering out, and eating healthy leftovers will do wonders for the wallet or purse. Bye, delivery fees!



**Improve overall health.** Benefits to eating clean are the body taking back control of its energy levels, blood sugar, digestion, and cholesterol. Eating a whole food diet is linked to improving cell function and muscle growth, lowering the risk of chronic diseases and cancer and having a clearer mind, better mood, with less dependence on caffeine. Eating healthy may not be a cure-all pill or a diet fad but it sure does set bodies up for success the natural way!

# How to do it

If looking forward to cookies, candy, sodas, and junk meals are habits, planning healthy meal and snack options should come as second nature. Building a lifestyle habit for unhealthy foods took time and effort; and so will healthy eating. Apps like MyFitnessPal have changed how people plan and eat healthy and nutritious meals in the 21st century.



MyFitnessPal is an activity tracker app with a search tool for foods and beverages that shows the breakdown of nutrients and calorie count of each item. When planning meals and snacks, it's important to eat foods that have a balance of carbohydrates, fat, and protein. Having these 3 in check will help sustain the body and energize it through its day.

## How to find daily macro count

To gain muscle, lose fat, and to drop the weight we need to know our macro count.

- We must first know how many calories we need to live and exercise. Go to this [BMR Calculator](#) to find that out.
- Next, we need to know our protein, fat, and carb amounts. Go back to the MyFitnessPal app, input the calorie information, and make sure to adjust meals to hit carb, fat, protein, and calorie goals. Look below in Macros to see the percentage of each.
- Eat, exercise, and adjust.



# Macros

The 2010 Dietary Guidelines for Americans says that macros like carbs, fats, and proteins have a specific amount that we need to consume for optimal health. Balancing and rebalancing macros helps people to lose weight, build lean muscle, or shed the fat. Pay attention to MyFitnessPal's default allotment, it might be too high or low depending on individual calorie needs.

- Carbs: 45-65% of calories
- Fat: 20-35% of calories
- Protein: 10-35% of calories

The MyFitnessPal blog says that “safely cutting back on calories from carbohydrates and fat while increasing protein intake [will] optimize the diet for weight loss”. Go to their blog in the link above for a more comprehensive count on low carb/higher protein percentages and low carb and fat/higher protein percentages.

If you want to count macros old school do this:

- Protein:  $1.5 \text{ g protein} \times \text{per pound body weight} = \text{daily amount needed}$
- Carbs:  $2 \text{ g carb} \times \text{per pound body weight} = \text{daily amount needed}$
- Fat:  $0.5 \text{ g fat} \times \text{per pound body weight} = \text{daily amount needed}$



# Portion control

One of the main ideas behind clean eating is to eat a colorful and diverse range of natural foods that aren't processed on a conveyor belt by a robot in a factory. It's also super important to eat the right amounts of those foods. Under and overestimating macronutrients and calorie requirements can lead to muscles to shrivel and fat to pile on, working against fitness and health goals. Here's a way to quickly find out how much food is being eaten by using only a hand.

Here are 5 simple ways to check portion sizes by using a hand to portion:

Fingertip = 1 teaspoon (fats, oils, almond butter, etc.)

Thumb = 2 tablespoons (fats, etc.)

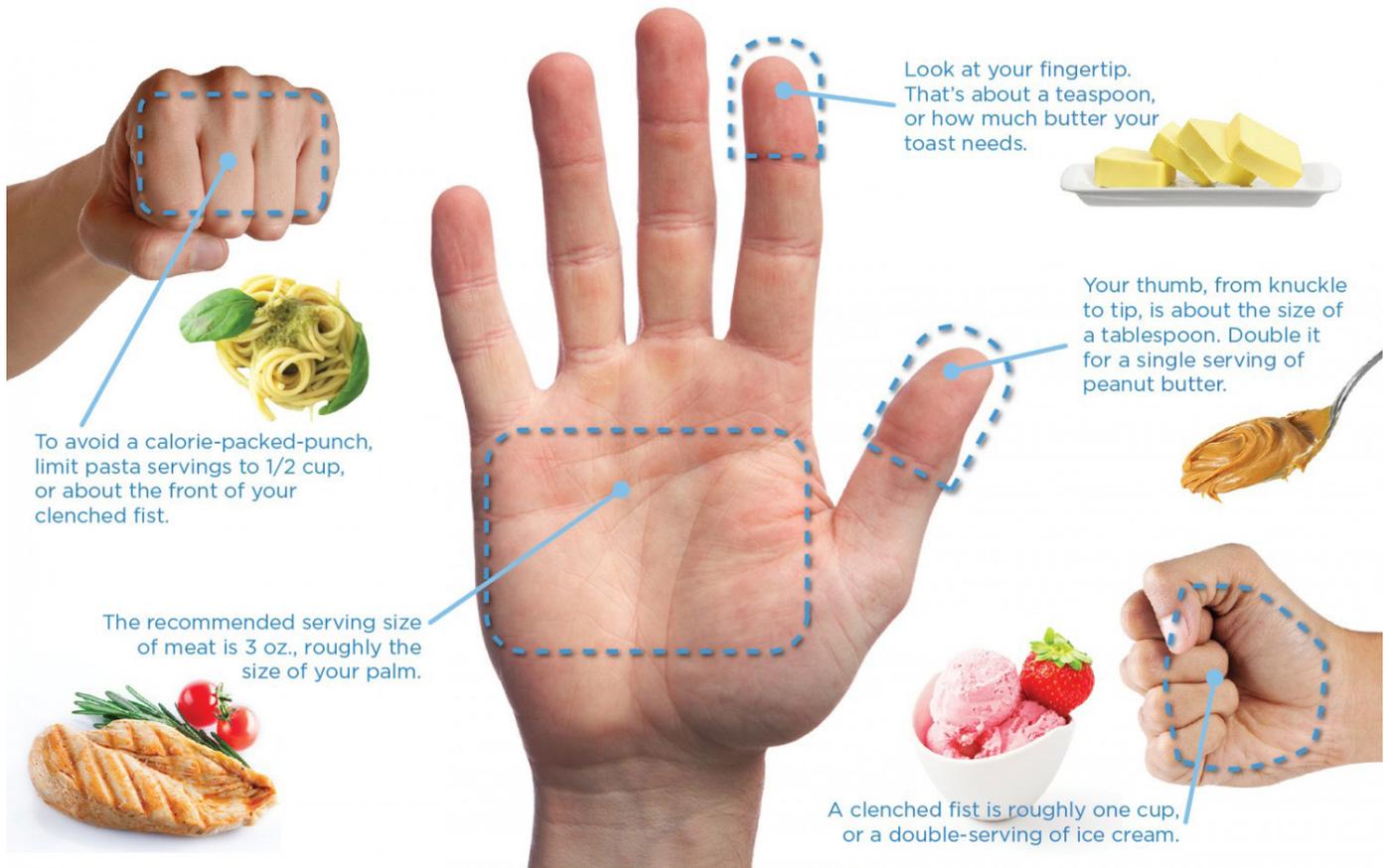
Palm = 3 to 4 ounces (serving of protein)

Underside Closed Fist = 1 cup (veggies)

Closed Fist = ½ cup (carbs)



## Hand Guide to Portion Control



Sources:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>

<http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

[www.GuardYourHealth.com](http://www.GuardYourHealth.com)



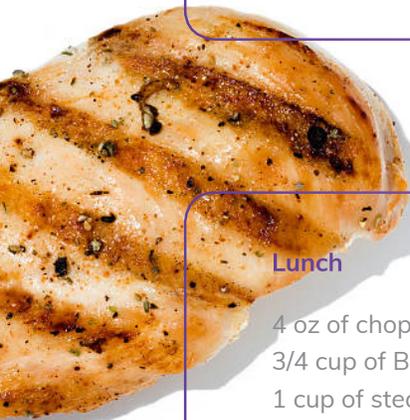
# Example Meal Plan

Based on a 1800 Calorie Diet

Here is a 1-day clean eating meal plan for readers to make at home and enjoy. Please note that these recipes will need their macros adjusted according to individual needs.

## Breakfast

1 cup of oatmeal  
1/4 blueberries  
1 cup of coffee



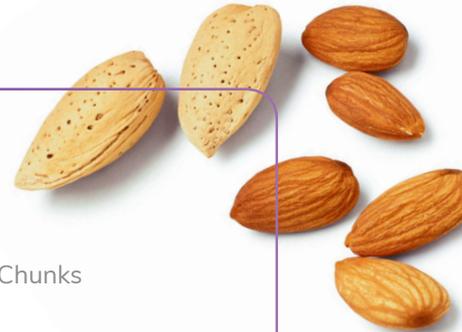
## Lunch

4 oz of chopped chicken breast  
3/4 cup of Brown Rice  
1 cup of steamed Broccoli  
1 Tbsp of Oil and Vinegar



## Snack

16 oz Yogurt  
1/2 Cup Pineapple Chunks  
1 oz Almonds



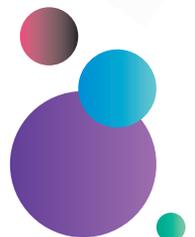
## Snack

1 Apple  
1 Tbsp Peanut Butter



## Dinner

4 1/2 oz Turkey Breast (ground)  
3/4 Cup Brown Rice  
1 Cup Broccoli  
1 Tablespoon Flax Oil



# Shopping List

Everyone needs to start somewhere. Start with this grocery list to start you off on the best foods for clean eating.

## Fruits

Strawberry  
Peach  
Raspberries  
Papaya  
Olives  
Lime  
Lemon  
Fig  
Nectarines  
Mango  
Pineapple  
Apricots  
Oranges  
Tangerines  
Pears  
Coconut  
Blackberries  
Bananas  
Cherries  
Apple  
Cantaloupe  
Blueberries  
Kiwi  
Grapes

## Protein

Steak  
Pork  
Fish  
Shrimp, hard shell  
seafood  
Turkey  
Bison  
Hemp  
Eggs, Egg whites  
Tofu

## Sugar Supplements

Stevia  
Raw honey  
Agave nectar  
Pure maple syrup  
Molasses (unsulfured)  
Cacao Nibs  
Coconut palm sugar  
Dried fruit

## Beverages

Water  
Tea  
Almond milk  
Hemp milk  
Coconut milk  
Rice milk  
Lemon water  
Coffee



# Continued

## Veggies

Spinach  
Kale  
Arugula  
Watercress  
Lettuce  
Green beans  
Asparagus  
Cauliflower  
Romaine salad  
Eggplant  
Collard greens  
Alfalfa sprouts  
Cilantro  
Chard  
Brussel sprouts  
Dandelion greens  
Parsley  
Mushrooms  
Broccoli  
Peas  
Peppers  
Ginger  
Okra  
Onion  
Carrots  
Tomatoes  
Garlic  
Cabbage  
Celery  
Zucchini  
Turnips  
Radish  
Beets  
Bok Choy  
Cucumber  
Squash

## Seasonings

Basil  
Cinnamon  
Cayenne Pepper  
Cloves  
Cury  
Cumin  
Garlic  
Sea salt  
Vinegar  
Garlic Powder (no salt)  
Onion Powder (no salt)  
Lemon  
Ginger  
Lime  
Marjoram  
Nutmeg  
Mint  
Oregano  
Parsley  
Rosemary  
Tarragon  
Sage  
Thyme  
Vanilla Extract  
Tumeric

## Carbs

Sweet potato  
Quinoa  
Amaranth  
Barley  
Beans  
Black rice  
Brown rice  
Buckwheat  
Chickpeas  
Corn  
Edamame  
Kamut  
Lentils  
Millet  
Oats  
Peas  
Potato  
Purple rice  
Sweet potato  
Wild rice  
Yam  
100% whole grain flour  
100% whole grain rice  
Whole wheat tortillas  
Whole wheat bread  
Ezekiel bread  
Pita bread  
Whole wheat pasta

## Fats (unsalted)

Walnuts  
Pistachios  
Pecans  
Peanuts  
Natural peanut butter  
Macadamia  
Hazelnuts  
Greek yogurt  
Organic full-fat cheese  
Organic full-fat milk  
Coconut  
Cashews  
Sunflower seeds  
Sesame seeds  
Pumpkin seeds  
Chia seeds  
Hemp seeds  
Flax seeds  
Avocado  
Almonds  
Almond butter  
Avocado oil  
Coconut oil  
Hemp oil  
Flax oil  
Olive oil  
Macadamia oil  
Salad dressings made from scratch or organic

# Supplements

Sometimes, it's difficult to get certain things into your body that are actually really useful for maximizing your fitness results during and after a workout.

There are [plenty of dietary supplements](#) on the market that you can choose from, but here are some essentials that we recommend—that you can get started with immediately.

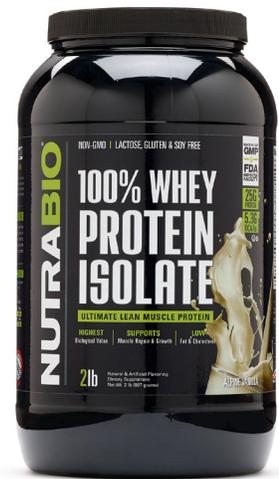


# Protein

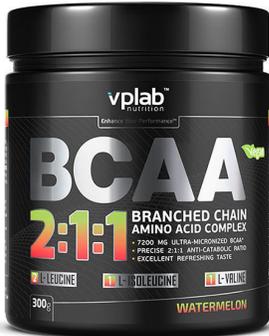
If you aren't getting enough protein in your diet, or if you have a limited amount of time before you workout to consume and digest food that contains adequate protein, then protein shakes are a good option. We recommend whey protein because of its effectiveness but there are other options available for different dietary needs.

Here are some of the best on the market today.

- [Whey Protein](#)
- [Pea Protein](#)



## BCAAs



Also called branched chain amino acids, BCAAs make up 35% of the protein that your body turns into muscle. Your body does not produce BCAAs naturally, meaning that you need to make sure you consume enough of them in your food. As this can be difficult without extra attention to your diet, a simple solution is to take BCAAs as a supplement.

Find the Best BCAAs [here](#).

# Preworkouts

A single serving of pre-workout packs a major punch of energy, which is especially useful if you are running low on energy before your VR workout sessions.

Preworkout supplements are powders that give you a cocktail of nutrients to help you perform better during an upcoming workout or competition. Most of them are to be taken 30 minutes before you need them to kick in.

Check out this list of [best pre-workout supplements](#).

Note: If you're caffeine sensitive, avoid pre-workout or look for a [non-stimulant pre-workout product](#).





## Protein Bars

Used as a meal-replacer for compact, easy-access protein with minimal preparation, protein bars are often used by athletes on the go. They are packed with protein, making them great for building muscles. One thing that critics knock protein bars for is their high sugar content, which can differ based on the brand that you choose.

Go [here](#) to find the best protein bar for you.

## Fish Oil

It's unlikely that you already get enough omega-3 fatty acids in their diet. In fact, [omega-3 deficiency](#) is a leading cause of heart health issues that result in death. Omega-3 fatty acids, which strongly bolster heart and mental health, are a great supplement to give you more energy during your workouts.

They are available in fish oil pills that you can find all over the Internet, but here's a list of some of the [best fish oil](#) products you can buy.



## Creatine

Creatine is an amino acid (served in powder form) that can fuel your muscles for explosive, efforted movements over a long period of time. Our bodies produce it naturally, albeit in smaller quantities than what you're taking with a single serving of creatine powder.

Creatine can help you see large muscle gains in a relatively short period of time when used correctly.

When consuming creatine, your muscles will absorb more water. Staying hydrated is extra important and will help with creatines effectiveness to help you build muscle.

Here are some of the [best creatine products](#) on the market.



# Beyond VR

The cool thing about VR fitness is that the results follow you outside of your home.

You'll find that it's easier to work out in a class, go out and have fun outdoors, and do physical activities that are generally harder or more embarrassing if you're out of shape.

Since investing in VR is also a long-term investment in your health, it's time to go over some of the bases that you should also cover when building out your new regimen.



## Warm-Ups

**Why should you warm up before any kind of exercise?**

Simple:

To avoid muscle strain and injury.

You'll also play better after having warmed up before playing a VR game, which will make your experience better.

Here are some simple [warm-ups](#) to consider:

- Stretching
- Jogging
- Walking
- Light-Resistance Rowing
- Riding a Bike on Even Terrain
- Light-Resistance Rowing
- Riding a Bike on Even Terrain



# Cooldowns

Similar to warm-ups, these are light activities that engage your muscles enough to allow them to stretch out and, well, cool down.

You can do any of the activities mentioned in the “Warm-Ups” section, but you want to be careful here.

If you’ve just completed a particularly difficult workout session, you may be feeling strained.

Whatever you do, don’t sit down immediately after an intense workout. You can cause cramps and additional muscle strain. Which can then lead to an injury if not treated properly.

The hour following your workout is the perfect time to do yoga, stretch, and as they say, “walk it off”.

You may also choose to go back and play lower-intensity VR games after your workout is finished.

Listen to your body, however; if something doesn’t feel right while you’re in VR or doing another exercise, stop what you’re doing immediately and find a way to cool down.



# Fitness Tracking

In order to track the number of calories you burn from working out, you need a device that can actively monitor your biometrics throughout the day.

This device is called a fitness tracker. There are different types of fitness trackers that you can use:

## Heart Rate Monitors

A heart rate monitor (HRM) is usually strapped onto your chest, where it sends a signal back to your computer or to a database in the cloud. Some HRMs can also connect directly to your smartphone.

You'd use an HRM to get a better readout of your heart BPM, but its enhanced accuracy comes at the price of mobility; most HRMs won't also track metrics such as steps or distance, let alone work without being plugged in.

It may be a good choice for you to go with an HRM if you only plan on working out in VR.

[Here are some popular HRMs.](#)

Our choice for best HRM: [Polar H10 Heart Rate Monitor](#)



## Fitness Tracking Watches

Fitness tracking watches, such as the Apple Watch and the FitBit, are exactly what they sound like.

While not as efficient as an HRM for tracking your BPM—and by extension, your calorie burn—a fitness tracking watch can be taken with you anywhere you go.

Most modern fitness watches come with features such as sleep tracking, music output, alarms, and direct synchronization with your iOS or Android smartphone.

They'll also give you a readout of your steps and distance; some also include GPS access, and can guide you whenever you walk or run outside.

[Here is a list of the best fitness tracking watches.](#)

Our choice for best fitness tracking watch: [Fitbit Charge 2 Heart Rate + Fitness Wristband](#).

# Weighted Gear



In order to boost the fitness potential of each exercise, you may decide that you want to use a weighted vest, weighted anklets, and/or weighted bracers.

These add weight to your body, forcing your heart to work harder for equivalent levels of output.

When choosing a piece of weighted gear, there are key risks that you need to take into consideration:

Weighted gear should, for example, never be abused in any way. Never use a higher weight than you can handle, or for longer than you can handle.

With weighted gear, you are more likely to make strained muscles worse. If an activity causes strain during a normal workout without weighted gear, the addition of weighted gear to that same activity can cause injury.

## Weighted Vests

You can wear a weighted vest over your chest, shoulders and back for additional resistance during regular exercise.

As a general guideline, you should choose a starting weight that is equivalent to about 10% of your total body weight.

You can work your way up from that starting weight as you build your fitness level.

When you first start working out with a weighted vest, try to wear it for no more than an hour at a time.

Check out this shopping guide for the [best weighted vests](#).

Our choice for best weighted vest: [RUNFast/Max Pro Weighted Vest](#) (MSRP varies by weight)



## Weighted Anklets/Bracers

Never wear more than 3 lbs at a time on your wrists or your ankles.

That said, you can use weighted anklets and bracers (wrist weights) during low-intensity exercises that don't include sudden changes in motion. You should use these sparingly as well, because wearing them for too long can lead to strains and, eventually, injuries.

Here is a how-to guide on choosing the correct [weighted anklets](#). And another guide on how to choose the [correct wrist weights](#).

Our choice for best ankle/wrist weights: [REEHUT Durable Ankle/Wrist Weights](#) (\$13.39 MSRP in July 2018)



# Recovery



It's important to set aside time to recover. We stress that everybody takes days in their workout regimen where they either do only low-intensity activities, or do nothing at all. This gives your muscles time to recharge and build back up again.

## Mindfulness Activities

Your recovery days are a perfect opportunity to build mindfulness and work on your mental health, through activities in the real world such as:

- Yoga
- Meditation
- Taking a long nap
- Taking a long bath
- Stretching
- Walking
- Riding a bike
- Making artwork on an easel (yes, this works!)

**Alternatively, VR has plenty of recovery-style mindfulness apps that you can explore. A few that we recommend are:**

### [Google Earth](#)

Explore a life-sized model of New York City and hang out on top of the Empire State Building. What's not to like? But that's not all; the entire globe is available for you to navigate from a distance. Fly from your house to the destinations you've always wanted to visit.

### [Google Tilt Brush](#)

We mentioned the easel for a reason. TiltBrush is a digital 3d easel that lets you create anything you've ever imagined. It gives you all kinds of materials to paint with, including a selection of materials that react to music. You can then export your creations to popular 3d model formats, which can even be used in Unity or Unreal engine projects.

### [Nature Treks](#)

Nature Treks is an app where you can choose a "mood", which plops you into a location that you can explore at your own leisure. It doesn't have any quests or objectives, but you simply get to walk around and take in your surroundings. Each environment is well-crafted, with vista points that have been specifically designed for yoga and meditation.

### [Satori Sounds](#)

Satori Sounds by Brainwave Dynamics is a meditation experience that takes place in 360-degree virtual reality and is filmed in real and relaxing locations. This is a soothing sound-based and nature experience that's compatible with Oculus, Vive, and Gear VR headsets.

# Conclusion

*After reading this guidebook, you should now know how to:*

1. Choose and set up your gaming system
2. Choose and set up your VR headset
3. Designate a play space
4. Choose the right games
5. Keep your play space free of objects
6. Stay safe during VR play
7. Ensure your headset is safe from excess sweat
8. Warm up before your VR workout
9. Do extra exercises to help round out your VR workout
10. Cool down after your VR workout
11. Choose a fitness tracker
12. Choose whether you want to play with weighted gear
13. Choose the right food types for your diet
14. Count and track your calories
15. Calculate your BMR (Basal Metabolic Rate)
16. Stay hydrated
17. Eat before and after your workouts
18. Choose the correct supplements for your diet
19. Recover from your workouts
20. Use VR to relax

VR fitness is always evolving as new games and hardware are released, and we are excited to help you cover some of the basics.

### **As a parting note:**

For the people who've always wished they could be inside of their favorite games—or who've always wished that working out were more engaging and fun—VR is exactly what you've been waiting for. The technology has a ways to go until it's perfect, and the industry and its information is changing fast.

But that's why VR Fitness Insider is here.

You are always invited back to [www.vrfitnessinsider.com](http://www.vrfitnessinsider.com) for the newest information in this growing industry—where you will find the most up-to-date breakdowns, reviews, and industry updates to help you get fit in VR.

Please don't hesitate and reach out to us if you have any questions about VR Fitness. We are here to help!

— **How will you begin your own VR fitness journey?**



# Work With Us

*Are you or your company doing something interesting in the VR fitness space?*

*Is your company creating something that the world of VR Fitness needs to hear about? Have you created new software or hardware that will shape the VR Fitness movement? We're always looking for the best new and upcoming technology that will impact on VR Fitness! Send us your information below and we will get back to you ASAP for a possible feature interview on [VRFitnessInsider.com](http://VRFitnessInsider.com)!*



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VR Fitness Insider is focused on the ways that VR and AR can be used to improve overall health, fitness, body composition, strength,

endurance, motor skills, mental health, aesthetics, sport-specific skills, agility, injuries, fitness motivation, and general health knowledge.

