

Wii™

My Fitness Coach

GET IN SHAPE

Includes
cardio-fitness,
yoga, flexibility
and **weight-loss**
routines

INSTRUCTION BOOKLET

UBISOFT™

BASIC STAGES IN THE GAME

My Fitness Coach takes you through the following stages, with Maya helping you along.

Getting Started: Set up your Personal Profile.

Identifying Goals: Decide if your goal is Weight Loss, Upper Body Strength, Lower Body Strength, Core Body Strength, Cardio Fitness, or Flexibility.

Commitment Schedule: Choose the length and frequency of workouts. The commitment choices allow you to input the fitness levels you are aspiring for, your preferred workout schedule, long-term goals, daily focus areas, workout music, and workout environment of your choice.

Workouts: Maya leads you through your personalised workouts, based on your Personal Profile and goals.

Charting Progress: See your success tracked and displayed in graphics as you work through your individualised fitness programme.



As you go through the game, you'll also enjoy special features.

Equipment Integration: Maya will integrate popular fitness equipment you already own into your workout routines.

Music Choices: Choose from over 70 tracks from multiple music styles including Hip-Hop, 80s, Dance, and Latin.

PLAYING THE GAME

After a brief introductory movie, you'll see the Main Menu screen. Select New Profile from the menu. Maya will walk you through setting up your Profile and establishing goals and commitments (with the workout schedule and menus). Once your Profile is set up, your name will appear on the Welcome screen for you to select when you are ready to do your workout. Simply select Workout on the Main Menu after choosing your name from the Welcome screen. It's that easy!.

ABOUT THE PERSONAL PROFILE

Maya will ask for basic information such as age, height, gender, and weight. You also have the option to give measurements for your biceps, chest, waist, hips, and thighs to track your progress more precisely. She will determine your fitness level by using several simple evaluation tests, which she will combine with your long-term health and fitness goals to develop your proposed workout plan.

If you want Maya to make recommendations and track your progress, you must complete the Profile. In the Profile, complete the steps from beginning to end and a personalised fitness programme will be created just for you. If there is any part of the fitness level evaluation that you don't want to do, simply choose Skip Test as your response and proceed to the next test. Maya will use all this information to build a health and fitness programme that fits your body, your mind, and your schedule.

If you prefer not to set up a Profile for yourself, you can still work out with Maya by selecting Guest Pass at the Main Menu. You can explore the workouts and environments, but Maya won't be able to track your progress or personalise the workout because she won't know who you are!

INITIAL FITNESS EVALUATION

Caution: We recommend that you check with your physician prior to beginning any exercise, especially if you are overweight, nursing, pregnant, taking regular medications, or have any other existing medical or health condition.

The Fitness Evaluation is an important part of the profile-building process because it allows Maya to track your progress and design workouts that are geared toward your fitness level.

Go through each of the individual evaluations, following the on-screen instructions for how to perform them. Subsequent screens will allow you to develop your workout and schedules, as well as preferences. **My Fitness Coach** will automatically recommend schedules, but you can also customise these. If you choose the schedule, Maya will adjust the programme for attaining your goals.

Once you have established a Profile, the programme will direct you to the Welcome screen where you can choose your Profile.



SETTING UP YOUR COMMITMENT

Your commitment choices are:

Fitness Goals: Tell Maya what areas you want to focus on in your workouts. Choose from Weight Loss, Upper Body Strength, Lower Body Strength, Core Body Strength, Cardio Fitness, or Flexibility.

Workout Calendar: Establish how often you plan to work out and the time you will budget for the programme. This information helps Maya plan appropriate workouts and timelines for charting progress toward your goals.

MODIFYING FITNESS GOALS

When you built your Personal Profile you were asked to complete a preliminary evaluation, which determines your baseline fitness in each of the goal areas. Based on which goal area needs the most improvement, Maya recommends a long-term goal. However, you are always free to disregard Maya's choice in favor of a long-term goal of your liking.

Only one long-term goal can be selected at a time, but you can come back and change the goal at any time. Selection of a goal will enable Maya to choose workout routines with a heavier emphasis on your goal area. Each workout will still contain exercises for other parts of your body to provide balance and a well-rounded fitness programme. For example, if you select Weight Loss as your goal, Maya will emphasise Cardio exercises in the routines she designs for you. If you do not want to focus on any particular body area, then you can choose Cardio because it provides a good balance of exercises for each area.

SELECTING WORKOUT PREFERENCES

Daily Focus Area

While your long-term goal is set in the Commitment section, you can override it if you like. Select a different focus area for a particular workout, such as Weight Loss, Core, Upper Body, Lower Body, Cardio, or Flexibility. Maya will take your choice into account as she builds your routine, integrating your chosen focus area with your long-term fitness goals. By combining your daily focus with your long-term goals, Maya keeps the workouts interesting and makes sure you achieve your desired results.

You may notice that the workouts generated when you select Weight Loss as your focus area are similar to the Cardio workouts. The workouts have similar exercises, but the Cardio workout will provide more intervals, which are periods of intense exercise followed by periods of less intense exercise. The Weight Loss workouts, however, tend to require a more constant level of effort with fewer intervals.