



We build strong kids,  
strong families, strong communities.

### **Recommendation For Electronic Playground**

During the past several months we have been privileged to use the Electronic Playground developed by Sportwall International. We have entertained children (and adults) of all ages in the highly motivational exercise environment. Even two year olds enjoy playing in this exciting box, and their parents are absolutely amazed at their purposeful movements.

Although used by all kinds of youngsters, the majority of our Electric Playground participation comes from the preadolescents in our youth fitness classes. This nationally acclaimed program directed by Dr. Avery Faigenbaum and Dr. Laurie Milliken of the University of Massachusetts has recently incorporated the Electronic Playground games into the aerobic conditioning component of most classes. As we expected, the Electronic Playground proved to be the children's favorite warm-up activity. We were most impressed with the enthusiastic participation by overweight and underfit children who did not respond well to traditional exercise activities. They were not the least inhibited by their more fit peers when using the Electronic Playground.



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To date, we have not encountered a single child who did not enjoy playing the Electronic Playground games. In fact, on our questionnaires, the youth users have consistently recorded that Electronic Playground activities: (1) are fun; (2) are good exercise; (3) help them throw better; (4) help them move faster; (5) help them think quicker; and (6) increase their physical fitness.

From our perspective, the Electronic Playground is extremely safe (no injuries), highly motivational, very durable (no breakdowns), and exceptionally easy to administer. We could not be more impressed with the practical application of computer technology for greater activity and physical fitness in otherwise sedentary boys and girls. Quite frankly, kids love this equipment and have so much fun they don't even realize how much exercise they are doing.

On behalf of my colleagues at the South Shore YMCA, I give the Electronic Playground my highest recommendation and commend the designers/developers of this cutting-edge equipment for new hope in the fight against childhood inactivity/obesity.

A handwritten signature in blue ink that reads "Wayne L. Westcott". The signature is fluid and cursive, with the first name "Wayne" being the most prominent.

Wayne L. Westcott, Ph.D., CSCS  
Fitness Research Director  
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