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Future fitness: Infrared light and dancing games

by Erik Palm



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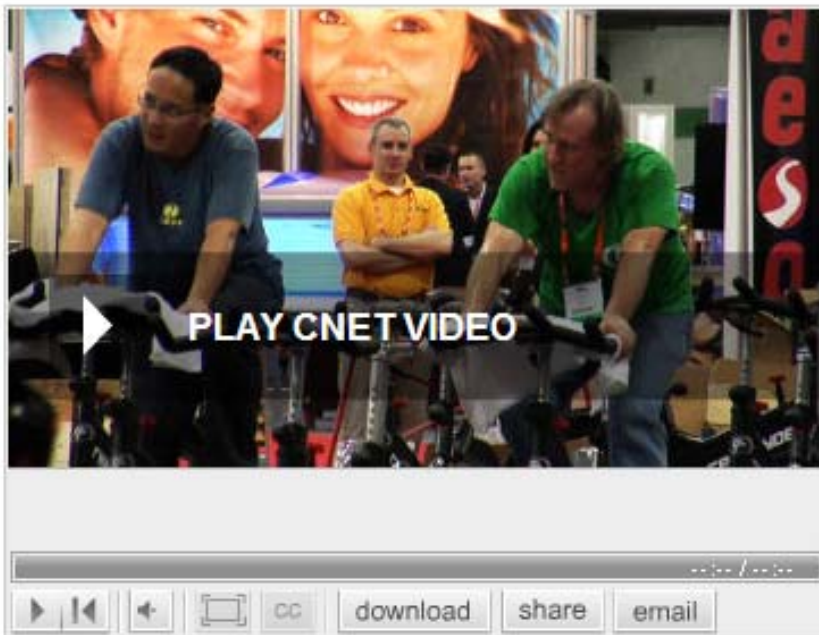
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At this year's International Health, Racquet & Sportsclub Association's convention and trade show here in San Francisco, computer-based fitness games and health data for the Web stood out as big trends. Inactivity from sitting in front of computers **can lead to obesity**, but the health industry seems increasingly to be using computers to combat sedentary lifestyles and attract customers to gyms.

At the **IHRSA trade show** this week, I saw computerized scales that talk to your watch, fitness data that automatically uploads to the Web, and arcade-style dancing games aimed at fighting flab. As gyms and fitness gadgets get more computerized, PC sales are **seeing dramatic declines**.

Have a look at my photos and video to get a sense of what you might be seeing in your gym one day soon.

Video: Innovations make fitness fancier



cnet News Tom McCarthy
SALES MANAGER, EXPRESSO

1:52 / 3:17

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This video frame shows Tom McCarthy, Sales Manager for Espresso, standing next to a stationary bike at a trade show. He is wearing a blue polo shirt. The background features a sign that reads "THERE'S STRENGTH IN NUMBERS" and another sign for "EXPRESSO THE HEAVY DUTY FITNESS". The video player interface includes a progress bar at 1:52 / 3:17, a "SPONSORED BY:" label, and control buttons for play, stop, back, forward, closed captions (cc), download, and share.




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1:41 / 3:17

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This video frame shows a close-up of the Espresso stationary bike's console and screen. The screen displays a game interface with the word "Loading..." and a landscape scene. The console has a keypad with an "OK" button. The video player interface includes a progress bar at 1:41 / 3:17, a "SPONSORED BY:" label, and control buttons for play, stop, back, forward, closed captions (cc), download, and share.



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1:38 / 3:17

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This video frame shows a virtual cycling game scene. The player is riding a bike on a snowy mountain path. The landscape is white with snow-covered trees and buildings. The video player interface includes a progress bar at 1:38 / 3:17, a "SPONSORED BY:" label, and control buttons for play, stop, back, forward, closed captions (cc), download, and share.