In 2020 , because of the COVID-19 , many country told their citizens to stay indoors ,this will cause people who couldn’t get into gym and train;

So I wonder that can a video game(such as wii fit, xbox Kinect, ring fit adventure) help people to get some minimal fitness.

So I picked this paper: **Exercise Videogames, Physical Activity, and Health: Wii Heart**

**Fitness: A Randomized Clinical Trial**

In their experiment , they divide their tester into two group