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Design Log 3

As virtual reality gathers more support and fans each day, there becomes even more mediums to explore. One of these mediums that I’ve been seeing is the use of virtual reality games as a creative way for people to work out. This thought comes from my experience playing SUPERHOT VR. People who have played should know by know that this game isn’t for the weak. The continuous movements and on-edge action made me work up a sweat. Because you are directly in the game, you have no choice but to speed up your moments but still play it safe. As I played, I wondered what it would be like if more virtual reality games integrate even more athletic activity? Many virtual reality games that I’ve played have had psychical movements and parts but nothing too athletic and fast-paced. Using games for exercise is nothing new as the Wii Fit became one of the most popular video game consoles that promoted healthy living and exercise. My simple assertion is virtual reality could be the new technology that ends up getting people into shape and may be marketed as such in the future.