

Wii

Warm-ups



After being on the market for over a year now, Wii continues to be a choice of entertainment for both young and old alike...

The Newfoundland and Labrador Chiropractic Association urges players to try just a few simple exercises... These may help prevent over exertion and unwanted injuries. Exercises should be repeated at least 3 times...

Shrug those Shoulders

Slowly shrug your shoulders towards your ears. Hold for a couple of seconds, and then relax.

Feel real loose like a long neck Goose

Try to make a double chin to stretch the muscles at the base of the neck. Hold this position for 2 to 3 seconds

Stretch your Wrists

Slowly stretch the wrist backwards, hold for 2/3 seconds, then Slowly stretch is forwards and hold for 2/3 seconds... This exercise prevents tightening of the wrists.

Show me your Fist

Hold your arm at right angles from the elbow. Make a fist and tense it, and the whole of your arm. Hold for 2/3 seconds, then relax and let the arm flop to your side... This will help the blood flow and tone the muscles.

Loosen-up - Relax your Back

Stand with your feet shoulder width apart slowly circle your hips 5 revolutions to the right and then 5 revolutions to your left.

Warm up exercises shouldn't be painful, so if they are... Stop!

Take frequent breaks when playing with your Wii. It is wise to break at least once ever 45 minutes and more often if you do not exercise on a regular basis.

Don't forget - pain is a warning sign, so if you feel any pain no matter how slight - STOP!"