



## GamerCize gets Kids Moving in the Philippines

*Game Gym's Exergaming Zone is the first kids' interactive gym in the Philippines, making fitness fun for children of all ages by using video games for exercise.*

**Jan. 12, 2009** - [PRLog](#) -- At the gym, kids make friends, are motivated to exercise through group play, video games and interactive equipment while developing good motor skills and body coordination.

No interactive gym is complete without GamerCize fitness equipment so Game Gym founder, Richard Barria flew equipment halfway around the globe in time for the grand opening.

"The good thing about GamerCize is its wide range of use. You can play any PlayStation game here. Unlike the stationary bikes where the only games you play are car chases and racing, with GamerCize, you can play Fight simulations, Basketball, Car chases, everything.

GamerCize is not complicated to use. We have 5 year old kids already using it. On average kids play for more than 10 minutes on the GamerCize before being asked (by our trainers) to allow other kids to use it.

The kids love GamerCize, and we change the games often so as not to be repetitive. Most of the time, they didn't notice that they are perspiring. They are "into" the game so much to feel tired." Barria adds.

The idea for Game Gym came from Barria's experience with his own children which proved exercise to be a useful therapy for hyperactivity. The gym is popular with children of all ages and abilities, making it a popular destination for events such as children's birthday parties.

GamerCize CEO, Richard Coshott supports the new gym venture, saying "We have seen a great number of installations in the US, UK and across the globe, including far away places such as Israel and Brazil, so I'm pleased GamerCize is featured in the very first exergaming gym for the Philippines. Richard Barria has identified a gap in the market and fills a growing need for fitness to be fun, especially for children. I like his ideas and approach, which I am sure a number of people will seek to replicate."

The Game Gym's website is [www.gamegym.multiply.com](http://www.gamegym.multiply.com).

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GamerCize, the company behind world-wide patented exergaming accessories for PC, Xbox 360, PlayStation3, Wii, PS2, Xbox and Gamecube. Products encourage exercise motivation by making fitness fun for schools, home and office. See <http://www.gamerCize.net>

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Source           Samantha Wallbanks  
City/Town       Southampton  
State/Province   Hampshire  
Zip

Country SO50 0BG  
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Industry [Family](#), [Fitness](#), [Entertainment](#)  
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