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Transformers revenge of the fallen (video game) ds

Being active every day is a key part of managing blood glucose, or blood sugar, and reducing the risk for cardiovascular disease. But finding the time and staying motivated can be tricky. Like exercise videos, fitness video games are an excuse-proof exercise because they let you work out in the comfort of your own home. Unlike regular exercise videos, however, video games have sneaky ways to keep you coming back. The value is that there’s an interactivity with the game—so you can win or lose. There’s often competition, either with yourself or a participant. There’s a leaderboard and other reward mechanisms. Exercise video games, or “exergames,” are highly customized to individual users, thanks to sensors that track a player’s movements. If you complete certain actions, you win points or fun rewards. Don’t like the shirt your onscreen character (or avatar) is wearing? Do a few more leg lifts and you’ll have enough points to choose a new one. Arguably the best part: Many exergames don’t feel like exercise. These games are designed first and foremost to be fun. Getting the workout is a side effect of playing the game. Level up Exergames are an ideal way to break sedentary habits, especially for older adults with diabetes. For people who are inactive, video games can help them burn a lot more energy than they normally do and help establish a baseline fitness level. And they can be the ticket to satisfying physical activity guidelines. The American Diabetes Association recommends that adults break prolonged sitting streaks every 30 minutes and log at least 150 minutes of moderate-intensity aerobic (when your breathing gets harder, but you’re not out of breath) activity per week. Researchers use metabolic equivalent of task (MET) to measure the intensity of a given exercise. Any activity measuring between three and six METs is considered moderate intensity. Multiple studies have shown that exergames generally clock in at three METs, and while this may be the lowest level of moderate activity, a study published in BioMed Research International suggests that exergames can help adults meet their physical activity targets. Kids who are overweight and at risk for prediabetes or type 2 diabetes can also benefit. In a study published in Pediatric Obesity, overweight and obese children who played exergames regularly for 24 weeks lost weight and improved their blood pressure and cholesterol levels. Plus, the kids reported having fun while doing it, which may be why so many of them stuck with the program. Playing safely It may all sound like fun and games, but you want to take the same precautions when playing exergames that you would during any other physical activity. That includes accounting for exercise’s ability to lower blood sugar (blood glucose). Somebody who’s taking insulin will need to cut back or have more carbs when they engage in these games. You should consider it physical activity like any other, where you have to make some adjustments to keep your blood sugar in a healthy range. Reduce your risk for injury by reading the game’s instructions before you hit start. Most exergames are designed to be played while standing, but you can play from a seated position if you have balance issues or if you have cardiac autonomic neuropathy, a heart-related complication of diabetes that can cause dizziness from too much sudden movement. That’s especially true for virtual reality exergames, which obscure your vision with a headset. Getting started Be sure to check with your health care provider before beginning or changing your exercise routine. To get started, you’ll need a gaming console. They usually range in price from \$300 to \$500. Electronics stores often have video game demonstrations set up for customers to try. Once you have a gaming console, pick the individual games. Some are specific to one device, while others work across multiple consoles. No matter which exergame you pick, be sure to exercise safely and talk with your diabetes care team if you have any concerns. Video games have been around since the early 1970s. The first commercial arcade video game, Computer Space by Nutting Associates, was introduced in 1971. In 1972, Atari introduced Pong to the arcades. An interesting item to note is that Atari was formed by Nolan Bushnell, the man who developed Computer Space. He left Nutting Associates to found Atari, which then produced Pong, the first truly successful commercial arcade video game.Pong was a great hit when it came out. Move your cursor to get the slides to bounce back the moving square -- it will speed up as you progress.That same year, Magnavox offered the first home video game system. Dubbed the Odyssey, it did not even have a microprocessor! The core of the system was a board with about four-dozen transistors and diodes. The Odyssey was very limited -- it could only produce very simple graphics, and required that custom plastic overlays be taped over the television screen. In 1975, Atari introduced a home version of its popular arcade game, Pong. The original home version of Pong was sold exclusively through Sears, and even carried the Sears logo. Pong was a phenomenal success, opening the door to the future of home video games.Although the Fairchild Channel F, released in 1976, was the first true removable game system, Atari once again had the first such system to be a commercial success. Introduced in 1977 as the Atari Video Computer System (VCS), the 2600 used removable cartridges, allowing a multitude of games to be played using the same hardware.The hardware in the 2600 was quite sophisticated at the time, although it seems incredibly simple now. It consisted of:MOS 6502 microprocessorStella, a custom graphics chip that controlled the synchronization to the TV and all other video processing tasks128 bytes of RAM4-kilobyte ROM-based game cartridgesThe chips were attached to a small printed circuit board (PCB) that also connected to the joystick ports, cartridge connector, power supply and video output. Games consisted of software encoded on ROM chips and housed in plastic cartridges. The ROM was wired on a PCB that had a series of metal contacts along one edge. These contacts seated into a plug on the console’s main board when a cartridge was plugged into the system. When power was supplied to the system, it would sense the presence of the ROM and load the game software into memory.Systems like the Atari 2600, its descendant, the 5200, Coleco’s ColecoVision and Mattel’s Intellivision helped to generate interest in home video games for a few years. But interest began to wane because the quality of the home product lagged far behind arcade standards. But in 1985, Nintendo introduced the Nintendo Entertainment System (NES), and everything changed.The NES introduced three very important concepts to the video game system industry:Using a pad controller instead of a joystickCreating authentic reproductions of arcade video games for the home systemUsing the hardware as a loss leader by aggressively pricing it, then making a profit on the games themselvesNintendo’s strategy paid off, and the NES sparked a revival in the home video game market that continues to thrive and expand even now. No longer were home video game systems looked upon as inferior imitations of arcade machines. New games that would have been impractical to create for commercial systems, such as Legend of Zelda, were developed for the home markets. These games enticed many people who had not thought about buying a home video game system before to purchase the NES.Nintendo continued to develop and introduce new game consoles. Other companies, such as Sega and Sony, created their own home video game systems. Let’s look at the core parts of any current video game system. The SegaDreamcast was the first console to implement online play over a phone line, calling the system Sega Net.The MicrosoftXbox was the first video game system to provide full support for HDTV.Popular Science recognized the Sega Dreamcast as one of the most important and innovative products of 1999.The Magnavox Odyssey, released in 1972, contained 40 transistors and no microprocessor. The Pentium 4 microprocessor contains 42 million transistors on the chip itself!The PlayStation 2 was the first system to have graphics capabillity better than that of the leading-edge personal computer at the time of its release.The NintendoN64 marked the first time that computer graphics workstation manufacturer Silicon Graphics Inc. (SGI) developed game hardware technology.While the original Atari Football game was first created in 1973, it wasn’t released until 1978. It was delayed because the game couldn’t scroll the screen -- players couldn’t move beyond the area shown on the monitor. When the game was finally released, it became the first game to utilize scrolling, a key part of many games today.The Atari Pong video game console was the No. 1 selling item for the holiday season in 1975.The first console to have games available in the form of add-on cartridges was the Fairchild Channel F console, introduced in August 1976.The PlayStation 2 was the first video game system to use DVD technology.On the original Magnavox Odyssey, players had to keep score themselves because the machine couldn’t.The Nintendo GameCube’s proprietary disc held 1.5 gigabytes of data -- 190 times more than what an N64 game cartridge could hold.On the market from 1991 till 2004, the SNK NeoGeo AES has tied the Atari 2600 (1977-1990) as the longest supported gaming console in history.The Sega Genesis featured a version of the same Motorola processor that powered the original Apple Macintosh computer.Mattel’s Intellivision system, introduced in 1980, featured an add-on called “PlayCable,” which delivered games by cable TV.Nintendo’s Game Boy was the most successful game system ever, with more than 100 million units sold worldwide.The word atari comes from the ancient Japanese game of Go and means “you are about to be engulfed.” Technically, it is the word used by a player to inform his opponent that he is about to lose, similar to “check” in chess.In the 1980s, a service called Gameline allowed users to download games to the Atari 2600 over regular phone lines. It was not a success, but did form part of the foundation for America Online, the world’s largest Internet service provider.The first color portable video game system was the Atari Lynx, introduced in 1989 and priced at \$149.Introduced in 1993, the 3DO was the first video game system to be based entirely on CD technology.The Sony PlayStation was originally intended as a CD add-on to the Super Nintendo. When licensing problems and other issues arose, Sony decided to develop the PlayStation as a machine of its own.For more information on video game systems, video games, buying a console and related topics, check out the links below.Originally Published: Oct 16, 2000Related ArticlesMicrosoft, “Xbox 360.” (Dec. 1, 2008) . “Wii.” (Dec. 1, 2008) John, “Xbox 360 HD DVD Support Statement Updated.” Feb. 23, 2008. (Dec. 1, 2008) . “PlayStation 3.” (Dec. 1, 2008) Julian Nowak has no specific recollection of when he first started gaming, but he can trace back the thrill to playing alongside his father on the PS1, the first incarnation of the PlayStation.Little did Nowak know back then that this innocent father-son bonding activity, soon-to-be personal hobby, would cross over into the territory of addiction and almost cost him his job as a young professional.It was one game, in particular, that Nowak couldn’t get out of his head: Football Manager, the football-themed simulation game, in which the player is afforded the opportunity to lead their favourite team to glory in an alternative cyber universe. The game is said to be so addictive that it has been cited in a number of divorce cases in the UK.For Nowak, the compulsion to play was gradual. At first, it encroached ever so slightly on his sleeping pattern: he would get up an hour or so earlier in the morning for a quick game. Soon, he was playing from the moment he got home from work at 7 pm until around 1 am. Meeting friends took a back seat in order to slake the urge for ‘a heavy weekend of gaming’.Things came to a head last December, when 26-year-old Nowak, a content executive, based in London, was called into a meeting with his boss, who had noticed an inordinate amount of sick days taken by his colleague. Football Manager had, at this point, taken precedence to such an extent that even the notion of a career had become secondary.Rather than attempt to fudge the issue, Nowak admitted there and then that he had a problem.“I admitted I was playing Football Manager,” he recalls. “Even when at work I found myself playing on my phone, planning my team, or planning my team tactics.”Thankfully for Nowak, his management listened and “worked out a way for me to ease off the game” and resume his role. “I’m very relieved not to have lost my job,” he says. Such stories are no longer unique, or serve merely as curious tabloid fodder. Stories of the effects of gaming addiction circulate across all walks of life, from children to adults, country to country.Last year, Australian snooker champion Neil Robertson admitted that an addiction to FIFA and World of Warcraft had drastically impacted on both his professional and personal life. The problem of addiction amongst teenagers has become so much of a concern in South Korea that in 2010 the government introduced a law banning access to online games to those aged under 16 years, between midnight and 6 am.More recently, a nine-year-old girl in the UK was reported to have entered intensive therapy due to an addiction to Fortnite, the online multiplayer shooter, which is believed to be the most popular game in the world right now.Dr Sarah Jarvis MBEAn uptick in reported cases of gaming addiction has notably piqued the interest of the WHO, which earlier this year listed it for the first time as a mental health condition, as part of its 11th International Classification of Diseases (ICD).The question for many is when does an innocent pursuit of playing one’s favourite game becoming something more insidious?“As long as a gamer still has control over when they choose to play, and, critically, when they choose to stop - for example, for a meal, or to sleep - gaming will not have a negative impact on their lives,” explains Dr Richard Graham, lead technology addiction specialist at London’s Nightingale Hospital.“They are able to stop playing when other priorities arise, such as eating, drinking, going to school or to work, meeting up with family and friends. However, as soon as the gaming becomes beyond the control of an individual, one enters into the sphere of addiction.”As with other addictions, the craving becomes so strong that nothing is able to stop it, even though they may try to, and know it is having a negative impact on their lives and on the lives of those important to them.“When the line into addiction is crossed, the impact on daily life - as in the case of Nowak - can be injurious, adds Graham.“The impact of addiction on daily life can be total and massively disruptive to ordinary life,” he says.“In the case of gaming, the addiction becomes so invasive that it can even take priority over basic needs, such as sleep, eating and drinking. I have seen patients who have become seriously dehydrated because the gaming has prevented them from finding time even to drink a glass of water. It can be all-consuming, and so powerful that basic needs and drives are suppressed.”Serving as a testament to growing societal concerns, June saw the announcement that the NHS is to launch its first ever internet addiction centre. Known as the Centre for Internet Disorders, the centre - run by the Central and North West London NHS foundation trust - will focus initially on gaming disorders.“The main issue here is the loss of control,” says psychiatrist and addiction specialist Henrietta Bowden-Jones, who is heading up the new clinic. “If harm is being experienced from the long hours of play leading to neglect of one of several life areas - whether it be academic, relationships, or your job - then it is time to cut down or indeed stop.”Gaming addiction leads people to neglect previous commitments and roles, such as doing their homework or even going to school once the disorder is severe. People have dropped their favourite hobbies and sporting activities to prioritise gaming over everything else.“They become isolated and tend to get more and more involved in their online virtual existence and support network.”The WHO’s declaration, however, has lit the touchpaper of debate within clinical circles over whether gaming addiction should be seen as a mental health disorder or not. Jan Slater, a Harley Street counsellor, sees the WHO’s findings as valid.“As a professional working with clients in various degrees of distress, I recognise there are many activities where people can lose stability. Gaming can be one of them,” she says.“The term addiction - when relating to gaming - might to some, seem far-fetched. However, any cause that means an individual chooses to prioritise the habit - be it drink, gambling or gaming - over normal healthy behaviours, often risking relationships and neglecting self-care, can be recognised as addictive behaviour.”So, as a therapist, I support the recognition of this behaviour, when taken to the extreme, as an addictive behaviour.“Others aren’t convinced. Anthony Bean, a US-based, licensed psychologist and expert on the impact of video games on children and adolescents, believes the addition of ‘video game addiction’ to the WHO’s ICD comes with a lack of sound basis.“The WHO addition of this diagnosis means that they are saying there is sufficient data to state that there is a gaming disorder,” he says.“However, the largest problem overall is that there is not a good base of understanding video gaming culture and why video gamers play - not many clinicians ask the question ‘what makes this interesting for you?’”Without a base understanding of the culture, how can one make an assumption and diagnose a condition which they do not understand? I don’t believe that we need more centres for this as they are going to be treating the incorrect diagnosis.“In what comes as no surprise, the gaming industry is none too happy about the WHO inclusion either.“Video games across all kinds of genres, devices and platforms are enjoyed safely and sensibly by more than two billion people worldwide, with the educational, therapeutic and recreational value of games being well founded and widely recognised,” reads a statement I was sent by a spokesperson from UKIE, the trade body for the country’s games and interactive entertainment industry.“We are therefore concerned to see ‘gaming disorder’ still contained in the latest version of the WHO’s ICD-11 despite significant opposition from the medical and scientific community. The evidence for its inclusion remains highly contested and inconclusive. We hope that the WHO will reconsider the mounting evidence put before them before proposing inclusion of ‘gaming disorder’ in the final version of ICD-11 to be endorsed next year.”Nowak is in no doubt, however: having been through it himself, the dangers of video game addiction are incontrovertible.“I’d say it’s just the same as alcohol, cigarettes or drugs,” he says. “You find yourself thinking about it non-stop and struggle with normal tasks. It’s even harder to give up when you have been brought up with it and it has been a big part of your life.”Nowak has vowed never to play Football Manager again. He also refrains from playing games without an end date (“If it can go on indefinitely then there is an addictive appeal to it.”), limiting his activity to “the occasional game on my phone”.

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