

# XERGAMES™

NEWSLETTER



October 2008

*Serious Fitness for People Who Love to Play!*

## XERDANCE

XerDance program  
for up to 32 active  
users:

No wires, space  
effective, instant  
feedback dance  
pads,  
multi-ability levels,  
extra light,  
and extra cool!

*Over 150 XerDance  
customers World Wide!*

Join the Fun:

[XerDance Info](#)

Take advantage  
of our 6 Month



XERGAMES  
*Fall Fitness*

**WE WANT YOU TO WIN!**  
**JOIN OUR**  
**ORIGINAL GAME CONTEST...**

Do you have a great game that you've created for  
the Group Training Stations or the Performance PT?

**Deferred  
Payment Plan  
Benefit Now, Pay  
Later!**

We are proud to offer a six month deferred leasing program through Allstate Capital. Make your equipment earn its keep! Once approved, all you will need is a \$100 security deposit to start the program, followed by six easy monthly payments of \$100 before your normal monthly payment cycle begins.

*\*International sales do not apply  
Other payment programs also available*



**XERGAMES PRESS**  
**-view link-**  
XerGames atPlayOn  
Fitness

For help with parties or  
competitions?  
[JustineR@sportwall.com](mailto:JustineR@sportwall.com)

Tech Support:  
[RickB@sportwall.com](mailto:RickB@sportwall.com)



**Coach's Corner**

By : Rick Clausi

Core Strength is pivotal for all

Then this is the contest for you!

It is time to update our product manuals to include games and activities that you, our customers have created. We want your input because you know first hand what works and what fun is. You're the one's exergaming and that is why we want you.

To play, send a video of your original game idea for either the Training Stations or Performance PT. The video should feature an instructor explaining the game and the group playing from start to finish. Along with the video please send written instructions.

The winning entry with the best game and video will receive a \$100 American Express Gift Card! Your game will also be included in our Instructor's Manual, and your video will be featured on our website and in our next newsletter.

Entries are due November 30th.  
Please email all entries.  
send to: [Rachaelm@xergames.com](mailto:Rachaelm@xergames.com)



**Inspirational Stories, Quotes,  
Tips and Techniques**

By Justine Rutt

**Featured Story:** Back to School Activities with Sportwall

sports; try this this activity this fall!!!!

\*Set the system for 1 - 1 - 120 seconds.

\*Set up your class in teams of 4

\*Each team does 3 abdominal exercises

\*Total points accumulated in all three exercises are the teams score.

\*Each exercise is for 120 seconds, participants rotate in every 30 seconds

1.) lie on an exercise mat, knees bent, toes an inch from the wall. Place the 2 lb medicine ball on the floor over your head. Execute a sit-up throwing the ball at the wall above the white line, catch the rebound and return the ball to the floor before beginning a new sit-up.

2.) As the participant gets to the up right sit-up position they touch the floor by the right hip then the left hip, throw ball above white line, catch rebound and repeat.

3.) Standing position 2 to 3 feet from the wall. Place the 2 lb medicine ball in both hands at chest level. The next person in line puts their hands at the participants shoulder level, approximately 1 foot behind them. The participant starts by turning to the right and touching the ball to the hand of his partner then turns to the wall throwing the ball. After catching the rebound they now turn to the left and touch partner's hand, repeat for 30 seconds.

Now that you've tried my three abdominal exercises....how about coming up with some of your own, be creative....Sportwall will provide the fun!!

***Do you have a favorite Sportwall drill or activity? Share it with us!***

**Send stories to Dan Ross**  
mail to: [DanR@xergames.com](mailto:DanR@xergames.com)

**If you are in the Santa Barbara, CA area, call 800-695-5056**

During the past few weeks, millions of children and adolescents have returned to school after 3 months of summer break. Some of the fitness improvements they have achieved during the previous school year have probably been lost over those 3 months. Sportwall (Xergames) is a great way to regain that Fitness for both BODY and MIND.

- Review fitness facts from last year. Have cards with T or F review questions and students must answer correctly and then throw to even numbers for TRUE and odd numbers for FALSE. Kids learn and retain information better when they are Active learners!
- Review motor skills from previous year. Use beanbags for throwing to targets, cones to navigate for gross motor skills, soccer balls to kick to targets and noodles to strike targets for hand/eye coordination. Make learning motor skills FUN!
- Use team building exercises like team relays. Set Sportwall to game 3-2 and have each team use a noodle, ball or their hands and feet to run up and knock out the targets. Add all of the Stations scores together for a total winning classroom sum!

Kids will be more willing to engage in Physical education activities if they are first allowed to "taste success" in activities that they can enjoy. Xergames allows every participant to be engaged and successful. And best of all it is serious FUN for kids who like to PLAY!



## XG Fit Facts

### Did you know...

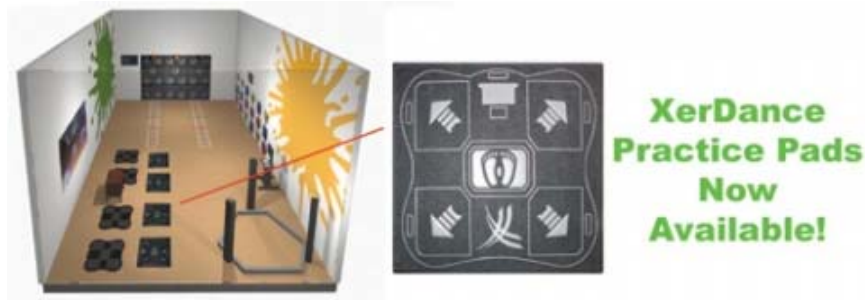
That XerLearning is becoming the new trend in improving learning skills. Brain and health games are now becoming in vogue, not just with kids but parents as well. Short 20 minute bursts of play and learning is proving to be the most efficient and effective way to assimilate and retain information. The games grab the attention and make learning fun.

A recent study in Dundee Scotland with primary school kids revealed that those that did XerLearning for 15 to 20 minutes a day, improved their math test scores by an average of 10 points. What is just as important, they got in line to come back for more!

to experience XerGames  
in our Showroom at  
6460 Via Real,  
Carpinteria, CA.

<http://www.xergames.com/>

**XerGames**  
*The Exergames Specialists in Group Exercise*



Contact Us: 1-800-695-5056 [www.sportwall.com](http://www.sportwall.com)

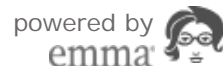


Sportwall International | 6460 Via Real, Carpinteria, CA 93013

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