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Wii Fitness For Dummies Make the most of the Nintendo Wii fitness options with this in-depth look at Wii Fit Plus , EA Sports Active: Personal Trainer , and Jillian Michaels Fitness Ultimatum 2010 , all with an eye towards safety, efficiency, and maximizing benefits.

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Wii For Dummies shows you how to get the most from this fun family game system. This book shows you how to get physical with Wii Sports, turn game time into family time, make exercise fun with Wii Fit, and discover Wii ' s hidden talents, like displaying photos and browsing the Web.

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