



CENTER FOR INNOVATION AND WELLBEING

Wii/Xbox Case Study



Making wellness fun.

The [research](#) on exercising and video games, also known as “exergaming”, has demonstrated the important health benefits of video game consoles to promote physical and cognitive activities. Bowling video games help relive an important pastime in a new way that keep people physically active, and socially-engaged—but don’t tell that to the players.

When the Front Porch Center for Innovation and Wellbeing (FPCIW) first introduced Nintendo Wii

Bowling to its communities in 2009 as an innovative approach to using off-the-shelf technology, the program ignited a new and fun way to people get active, build camaraderie, and be part of something bigger. Front Porch communities including [Carlsbad by the Sea](#), [Claremont Manor](#), [Kingsley Manor](#), [Sunny View](#) and [Walnut Village](#) created several teams that eventually joined a larger movement of players across the country called the [National Senior League](#). Some of the teams such as the Walnut Village Wii Rangers and Wii Warriors went on to compete at the national level and win state titles.

In 2014, [Aging2.0 Alliance](#) gifted FPCIW an Xbox One console to promote video game bowling in senior communities. FPCIW has since helped create and facilitate virtual team competitions across affordable housing communities and senior centers such as [Good Shepherd Manor](#), [St. Barnabas Senior Services](#), and Front Porch retirement communities [Kingsley Manor](#) and [Walnut Village](#). The enthusiasm with residents and staff has been high—and so has the trash talking.

Video game bowling isn’t just for kids—it’s about setting the stage for fun, and creating a story of engagement and wellness.

Watch this [video](#) on the Wii bowling fun that Walnut Village is having.

About the Front Porch Center for Innovation and Wellbeing

The Front Porch Center for Innovation and Wellbeing is part of Front Porch®, one of Southern California's largest not-for-profit providers of retirement living communities and affordable housing. The Front Porch Center for Innovation and Wellbeing strives to harness technology solutions that support and enhance wellbeing in older adults. The Front Porch Center's core initiatives focus on how technology can: assist in maintaining brain health; enhance social connectedness; promote engagement and growth; empower control over health and wellness; prevent emergencies or serious events; and increase resources and support for formal and informal caregivers. The Front Porch Center for Innovation and Wellbeing is a signature program of Front Porch's Humanly Possible® commitment to doing everything humanly possible to creatively meet the needs of those we serve today and in the future. The Front Porch Center is the winner of the Bronze Award for the Dignity category in the 2015 McKnight's Technology Awards and the Aging 2.0 Pilot Pioneers 2015 Innovation Award. More information can be found at www.fpciw.org.

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