

Playing Video Games Burns Your Calories

Playing video games or looking for [TrueBlue casino login](#) might not be the best form of exercise, though it can help you burn some calories. Video game players tend to increase their heart rate and break a sweat while having fun in front of the computer. Depending on your activity level while playing and what type of games you enjoy, you could burn anywhere from 150-600 calories per hour.



An increase in heart rate while playing games causes your body to burn more calories than just sitting still. According to studies, an average of 150-200 extra calories is burned per hour, which is about the same as walking at a pace of 3 miles per hour or eating and drinking at a restaurant for one hour.

Top Five Ways to Burn Calories While Playing Video Games

People who play games like Dance Dance Revolution and Guitar Hero are believed to burn more calories than those playing slower-paced games such as Super Mario Bros and Need for Speed Underground 2. However, not all fast-paced games cause an increase in heart rate and caloric output. Here is a list of suggested ways to maximize your caloric output while gaming.

- Playing Wii Sports Bowling
- Playing Hula Hoop
- Playing Rock Band
- Playing Super Smash Bros Brawl
- Playing Need for Speed Underground 2

Playing Wii Sports Bowling

This game can be played sitting or standing; however, it is probably better suited for sitting down so you can focus your attention on scoring points instead of how tired you are getting from the constant movement. This game burns more calories than a slow-paced walking session at 3 miles per hour!

Playing Hula Hoop

If you have been away from hula hoops since grade school, then perhaps now is as good a time to dust off the hoop and get back in shape! Hula Hooping burns 80-100 calories per hour, similar to a walk at 3 miles per hour.

Playing Rock Band

This game may not have an excellent calorie-burning output, but it will definitely keep you fit with all the constant

movement. It can burn about 172 kcal/hr; that's almost equivalent to 60 minutes of moderate walking.

Playing Super Smash Bros Brawl

Playing games such as Super smash bros and Mario Kart Wii are more exciting than going for an hour-long walk because they provide comfortable seating and boast colourful visuals, which help minimize any feelings of tiredness or boredom. With this game, it is possible to reach speeds of 18kmph when battling your friends, which is similar to a 12-minute mile! If you'd rather play something more laid back, then go for Mario Kart Wii instead. For 20 minutes: jog at 3 mph, and burn about 153 kcal/hr.

Playing Need for Speed Underground 2

Need for Speed is one series that has been a staple of car [racing games](#) since the 90s; however, it is now also available as a PC game so you can improve your driving skills from the comfort of your home (note: this game may not be ideal if you lack distance in between your couch and computer desk). This game burns about 209 kcal/hr, which is the same as a 1-hour jog at 4mph or around 90 minutes jogging at 5mph. For a more high-end gaming experience, go for Grand Theft Auto V instead.

Special Mentions

Mario Kart Wii

These other games may not have made it to the top list, but they still deserve a special mention. They also come in handy if you're looking for a fun way to lose weight, especially after grabbing top casino bonuses. The first game under special mentions is the Mario Kart Wii. This Nintendo Wii

version enables you to race on tracks designed specifically for this game while sitting comfortably.

Dance Dance Revolution

With other games, such as playing Dance Dance Revolution or Just Dance 2, you have to stand on a platform and move your body around, which can get very tiring. This makes this game more fun and increases the likelihood of sticking with it for extended periods – hence burning more calories! Burn about 153 kcal/hr.

World of Warcraft

The next on the list is World of Warcraft. This top-down RPG has proven to be popular among gamers for its long-lasting campaigns that last years (not including the expansions). And if you think about how much walking and running are necessary in this game, then it's no surprise that people who play World of Warcraft are fitter than those who prefer fast-paced action games such as COD and Assassin's Creed. Beat your friends in a battle: run at 4mph, and burn about 172 kcal/hr.

Call of Duty

Call of Duty is another game that shouldn't be missed on this list. If playing fast-paced action games like COD: Modern Warfare 2 sounds more fun than doing an hour-long bike ride, then perhaps it's time for you to reconsider. It is estimated that playing this game can burn about 116 kcal/hr, which is almost the same as walking at a moderate pace of 3mph for 60 minutes. If you think this is bad, then just wait until you hear about the next one! You may also want to try Just Dance 2 if dancing sounds like something fun and exciting to do instead of going on a boring jog.

The main pros of this game are: (1) it's less repetitive than jogging with all the different dance moves, and; (2) you have

the chance to play with up to three other people, which significantly increases chances of staying motivated since competition always makes things more interesting. Burn about 115 kcal/hr. Finally, Call of Duty: Modern Warfare 3 may not be the best option if you're looking to get into shape, and rightfully so. If you think that playing any action game for an hour is going to burn a significant amount of calories, well, then you are wrong!

This popular first-person shooter burns only 97 calories, which is basically the same as walking at a pace of 2mph for 60 minutes. This may be due to the fact that this game requires very little physical activity (and almost no aerobic workout), so it's kind of pointless to play if your goal is to get in shape, lose weight and be healthy.

The Bottom Line of suggested

So, which games are the best for your body? If you're looking to burn the most amount of calories and fat, definitely go with Super Mario Galaxy 1 or 2 since jogging at a moderate pace (4-5mph) will only burn about 47 kcal/hr. The best part about playing video games is that they engage your brain more than any other activity while burning fewer calories, reducing the chances of getting bored. In fact, even if you don't bother trying to win the game and just aim to get the highest score possible, it can be pretty fun.