



***YOURS TO KEEP!***

***Family Exergaming***

*A research study testing  
a videogame intervention to  
increase physical activity  
for families*



Family Exergaming  
Research Team:

- Ann Maloney, MD
- William Cook, PhD
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- Katherine Endy, MSW
- Caroline Currie, BS

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Maine Medical Center  
*centered around you*

**DOES YOUR  
CHILD LIKE  
VIDEO  
GAMES?**

Health Games  
Research



Family Exergaming  
Research Study

\*Free games for participants

## *Who can participate*

Families Who Have:

- \*A child between the ages of 9 and 17 who are categorized as overweight with a Body Mass Index (BMI) of 85% or above
- \*Please visit our website for a BMI calculator

## *Each Family Receives*

- \*Brand New Version of Dance Dance Revolution X Game
- \*Two Dance Dance Revolution Dance Pads
- \*Pedometers for all family members
- \*All of these are yours to keep!
- \*Gift cards for completion of surveys at beginning and end of study

*We hope to learn if active games or “exergames” can be a tool for getting children active.*



## *How to contact us*

To see if your family qualifies

Phone: (207) 396-8084

E-mail: [familyexergaming@mmc.org](mailto:familyexergaming@mmc.org)

Web: [www.mmcri.org/familyexergaming](http://www.mmcri.org/familyexergaming)

## *Additional information*

For more information about this Family Exergaming study (including info on DDR, consent form and details of this study)

Please visit our website at:  
[www.mmcri.org/familyexergaming](http://www.mmcri.org/familyexergaming)

*“It’s great working on this research to help benefit families in Maine!” - Research Team Member*

*“This program is great as it’s helping me and my girls get motivated to move more! Thank you.” - Study Participant*



**THIS STUDY IS EVEN DONE FROM THE COMFORT OF YOUR OWN HOME!!**