Supplemental Table 2: Repetitions Per Minute for Nintendo Wii Mini-games

Wii Fit	Total time played (h.min.sec)	Active UE	Weight Shifts	Steps	Other LE	Total Reps
running	0.29.33	8.7	19.9	46.6	0.0	75.2
super hula-hoop	0.04.28	2.5	31.3	0.0	0.0	33.8
step aerobics	0.02.50	0.0	1.8	28.3	0.0	30.0
tight rope walk	0.24.12	0.2	15.3	0.0	0.2	15.6
hula- hoop	0.24.54	0.6	14.5	0.3	0.0	15.4
box step	0.05.49	0.0	3.6	9.8	0.0	13.4
penguin slide	0.32.04	0.0	9.4	0.0	0.0	9.4
triceps extension	0.37.56	7.2	1.1	0.0	0.0	8.3
soccer heading	0.57.31	0.1	7.5	0.0	0.0	7.6
snowboard slalom	0.02.17	0.0	6.6	0.4	0.0	7.0
ski slalom	0.39.24	0.1	6.2	0.3	0.0	6.5
chair pose	0.03.02	2.3	3.0	0.0	0.0	5.3
warrior pose	0.04.44	1.5	2.5	0.8	0.0	4.9
rowing squats	0.13.23	4.2	0.6	0.0	0.0	4.8
sun salutation pose	0.43.47	3.3	0.4	0.0	0.0	3.8
torso twist	0.48.12	1.9	1.9	0.0	0.0	3.8
table tilt	1.37.26	0.1	3.5	0.1	0.0	3.7
palm tree pose	0.41.10	2.6	0.7	0.1	0.2	3.6
standing knee	0.19.21	0.1	1.8	0.0	1.7	3.6
balance bubble	0.26.22	0.2	3.0	0.0	0.0	3.1
boxing	0.10.58	2.4	0.2	0.0	0.0	2.6
ski jump	0.57.55	0.7	0.8	0.2	0.8	2.4
half-moon pose	1.05.43	0.8	0.8	0.1	0.1	1.8
sideways leg lift	0.02.41	0.0	0.7	0.0	0.0	0.7
deep breathing	0.21.13	0.2	0.1	0.0	0.0	0.3
Wii Sports	**Time played (h.min.sec)**	**Active UE**	**Weight Shifts**	**Steps**	**Other LE**	**Total Reps**
boxing	0.19.12	21.9	2.5	0.9	0.0	25.3
tennis	4.25.24	2.2	4.0	3.9	0.0	10.2
baseball	1.20.00	2.9	3.9	2.6	0.0	9.4
bowling	4.16.34	1.3	2.2	1.3	0.0	4.8
golf	3.21.10	2.9	1.3	0.2	0.0	4.5

UE = upper extremity, LE = lower extremity