

# Exercise gets a 'Revolution'

■ Dancing video game may reduce childhood obesity.

By Michael McNutt  
Capitol Bureau

Megan McMahan didn't let her tiara get in her way of dancing at the state Capitol. McMahan, Miss South Oklahoma City, was among the contestants vying for the title of Miss Oklahoma who danced Monday to a dancing video game. The game, through its physical activity, could reduce childhood obesity. Overweight children face higher health risks, including diabetes. The Miss Oklahoma contestants took part in a booth sponsored by the Children's Medical Research Institute as part of Diabetes Awareness Day.

## Results studied

Dr. Casey Hester, assistant pediatrics professor at the University of Oklahoma Health Sciences Center, conducted a study by having obese adolescents use the video game "Dance, Dance Revolution" for one hour, three times a week.

Results showed the total cholesterol and the bad cholesterol, LDL, lowered significantly in the group dancing to the game compared with a non-exercising group, said Kathy McCracken, executive director of the Oklahoma City-based children's institute. She's trying to get funding for a longer study.



BY STEVE GOOCH, THE OKLAHOMAN

Eight-year-old Nicholas Cosma of Warr Acres, and 17-year-old Jennifer Doolittle of Ponca City, play "Dance, Dance Revolution" Monday at the state Capitol. Monday was Diabetes Awareness Day at the Capitol. Nicholas has Type 1 diabetes and Doolittle's little sister also has Type 1 diabetes. The game is seen as a way to promote exercise, which can help prevent the onset of diabetes, advocates say.

Obese adolescents are less likely to engage in traditional forms of exercise, McCracken said. The in-home video games could be an option for overweight adolescents.

McMahan, of Norman and a first-year medical student at the OU Health Sci-

ences Center, has the dancing game and said it provides exercise for those who like playing video games.

"Rather than kids sitting around with their thumbs doing all the work, you can really get a good workout with games like this," she said.