

Get Fit With Virtual Reality

By Toni Krasicki

Unless you have been living under a rock, you will have heard of the game-changing Google Glass that was unveiled last year.



One of the coolest technologies to hit the scene, the sci-fi looking specs that are collecting apps by the minute is about to be launched in 2014. The Glass is basically a head mounted pair of computer glasses that can be used to take photos and video footage, send music straight to your ear bone, and offers WiFi and Bluetooth connectivity with the possibility of even linking the headset to your phone. The superlight looking Glass frame will fit any face and has an onboard storage of 16GB with the addition of being synced with Google cloud storage.

There is a growing list of Glass apps and the latest for Glass is also the newest on the tech-fit market aimed at motivating couch potatoes. 'Race Yourself' (www.raceyourself.com), uses a reality game as a way to motivate users to exercise with the app allowing users to race against a 3D projection of themselves with the goal of beating personal-fitness scores. Using over 30 virtual game modes that are accessed through the headset, you can race against friends or projections of professional athletes and if you need a little extra push, fleeing boulders or outrunning zombies may do the trick.

'Imagine racing against your own personal best, chasing a friend you want to beat or even escaping a 400-tonne cargo train traveling at your target marathon pace,' company co-founder Alex Foster said in a release. 'By blending reality with virtual reality, we can make workouts a lot more interesting and motivating.'

Like other fitness apps, Race Yourself, keeps track of pace and burnt calories and the array of games (cyclists will love the Tour de France) will give users the option to work out on the ski slopes or on the beach. The motivational key is a type of reward system and games are only unlocked by completing workouts, exercising multiple days in a row and burning calories.

Although it won't be available until Google Glass is launched, fitness fans can pre-order the app from the company's website.

BREAKING NEWS

"Technogym unveils Google Glass controlled treadmill at Consumer Electronics Show held in Las Vegas". Visit wnif.com.au for details.