

Energy Expenditure While Playing Active and Inactive Video Games

Scott T. Leatherdale, PhD; Sarah J. Woodruff, PhD; Stephen R. Manske, EdD

Purpose: To examine energy expenditure (EE) when playing active and inactive videogames (VG). **Methods:** Predicted EE was measured among 51 undergraduate students while playing active and inactive VG (Ontario, Canada). **Results:** Predicted EE was significantly higher playing the active VG compared to the inactive VG according to heart rate monitor (97.4 kcal vs 64.7

kcal) and SenseWear® armband (192.4 kcal vs 42.3 kcal) estimates. **Conclusion:** Active VG may be a viable intervention tool for increasing EE among students who would otherwise be spending time in sedentary screen-based behaviors.

Key words: energy expenditure; physical activity; sedentary behavior; screen time; video games

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