



Games That Are Good For You™

For Immediate Release

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**Yourself!Fitness compatible with Xbox 360 from Microsoft
Only fitness game for all audiences among 200 titles**

Portland, OR—November 28, 2005—Yourself!Fitness™, the first game to combine home health and fitness with the power of the Xbox® video game and entertainment system from Microsoft, is now backwards compatible with the new Xbox 360™ video game and entertainment system from Microsoft.

As Microsoft targets a broader home audience with Xbox 360, Yourself!Fitness is ideally positioned to address the health and fitness needs of this audience with an interactive, dynamic home fitness experience. Yourself!Fitness is the only game focused on health and well-being—targeting all age levels and audiences—among more than 200 Xbox titles compatible with the new console.

“Yourself!Fitness demonstrates the power of Xbox to go beyond pure entertainment by including a Fitness guide and avatar (Maya) who leads players through a variety of aerobic exercise routines. Combining state of the art Artificial Intelligence with a careful, pleasant and engaging series of fitness routines, Yourself!Fitness is a wonderful Xbox title and a great example of the flexibility of the gaming metaphor,” said Sailesh Chutani, Director, External Programs & Research, Microsoft.

“As the premier fitness game for the Xbox, we are pleased Yourself!Fitness is included in those titles playable on the new Xbox 360. It demonstrates Microsoft’s continued support of Games That Are Good For You™ and leadership position in broadening the audience for gaming,” said Phin Barnes, co-founder, responDESIGN.

To purchase the game, please go to yourselffitness.com.

About Yourself!Fitness

Representing an evolution in both home fitness and the gaming industry, Yourself!Fitness is the first fitness program to bring the interactive power of the game console together with the world of health and fitness. Maya, the Yourself!Fitness personal trainer, helps users identify and achieve their health and fitness goals. For more information, please visit: www.yourselffitness.com.

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