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the latest version of the Wii Fit, Nintendo's fitness video game. The government recommends that adults get at least $2\frac{1}{2}$ hours of moderate-intensity aerobic activity a week for at least 10 minutes ...

Get in shape on the cheap

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Best Nintendo Wii Games

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Former Screen Saver Martin Sargent joins us to talk about guns on campus, seeing Jesus everywhere, Wii Fit hitting soon, and his fantabular show, Internet Superstar. It's super, thanks for asking.

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Fitbit fresh lineups renders leaked: all new Fitbit Sense 2, Inspire 3 and, Versa 4

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