

Pokemon GO

Summer 2016, Pokemon Go, a mobile app created by Niantic Games, has taken the world by storm as fans of the pokemon series, as well as newcomers, pick up the game. Ever since its launch, the gameplay, walking around and catching pokemon, has been debated as dangerous for its possibility to lead to accidents. However, it does also have benefits too. In the article, "Health benefits to catching 'em all," by Manulife, it states that, "78% of US Millennials say they need to exercise more often." With pokemon go's on the move gameplay, this can become a lesser issue. Reasons being that you can become more active and exercise, and help build up a sense of community.

To begin, pokemon go, being based on walking around, lets teens get out and explore. Either being small parts of a town or the entire county, they get to see new shops and locations. As stated by Manulife in "Health Benefits to Catching 'Em all," "78% of millennials say they have explored their community more often." This is not only beneficial for the players, but is also beneficial to these communities. These small business get traction from teens and get more activity all around. This also lets players have more social interactions if they were more timid or shy. In another article by Procon.org titled "Is Pokemon Go good for our society?" states "Some business owners are very happy about the game, claiming that pokemon go has brought lots of new customers to their business. While players explore their towns while playing the app, they are discovering new stores, shops, restaurants, and local places." These small interactions can build friendships, which can aid these towns in becoming more connected. This gives pokemon 2 thumbs up in the eyes of many people as they become more social by talking to others and playing together.

To continue, US Millennials have not been getting out much, as they are spending more time inside. However, pokémon go lets teens get out and walk more. As stated by manulife once again, “69% of players report an increase in the number of steps in a day, as well as increased the time they spend outdoors since they started to play.” Seeing how many games are force on an indoor environment, it is very beneficial to players that pokémon go is 100% walking based. This pookes them from having zero activity outside, as it always keeps them on the move. Continued by manulife, “1 hour of low-impact activity a day can offset 8 hours of sitting.” Even just playing this game for an hour can be healthy. Seeing that the game will literally not let you use any other mode of transport seems to state that the developers want you to get exercise and explore. However, some will say that going out and exploring will lead you into unwanted places, and can get you into sticky situations. This can be combated by simply paying attention to where you are going. Even if you go somewhere you're not supposed to, the game will warn you. The game nearly always points you to getting exercise.

To conclude, Niantics instant success of a game has let many people get out to build up their community as well as being more fit. While the game is usually just seen as, well, ‘a game,’ it does have these knock on benefits. As many teens do not enjoy playing games, they should try out pokémon go for not only its fun gameplay, but the many benefits too.