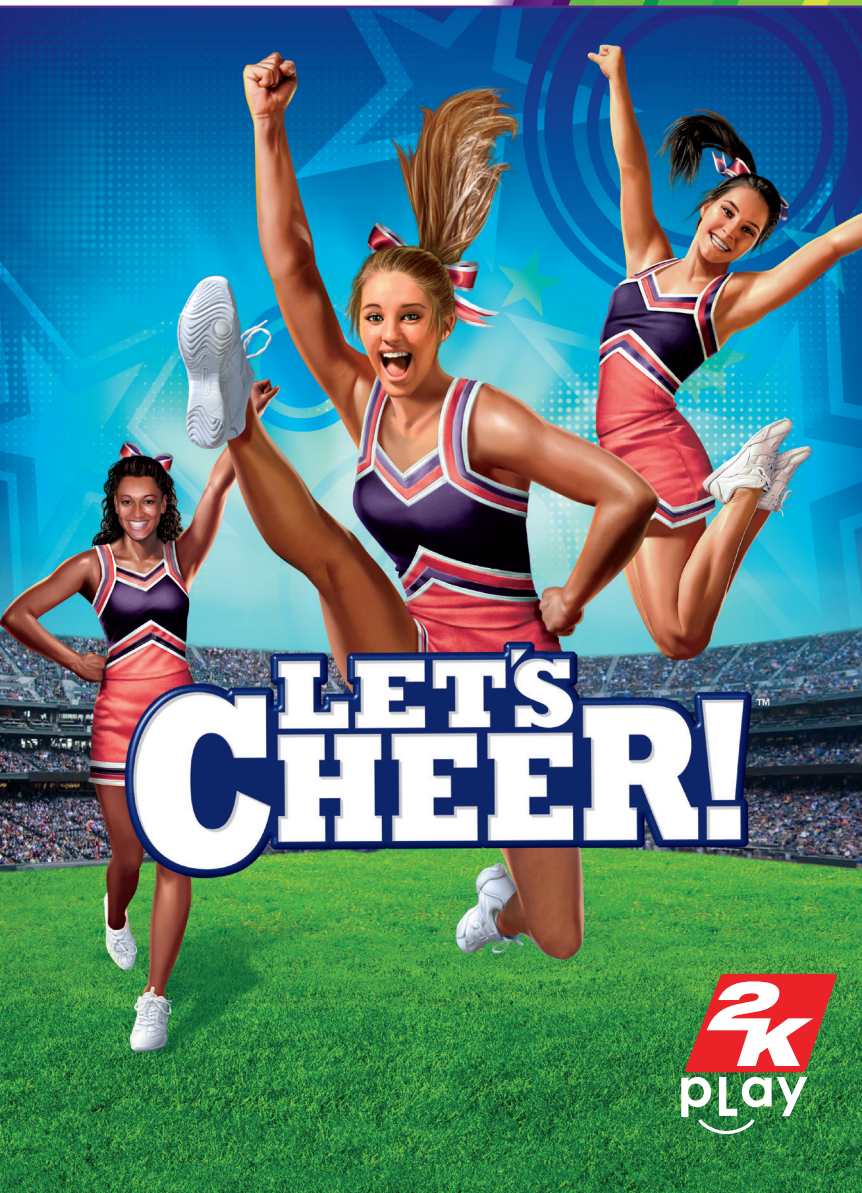




XBOX 360

KINECT™



LET'S  
CHEER!



**! WARNING** Before playing this game, read the Xbox 360® console instructions, KINECT sensor manual, and any other peripheral manuals for important safety and health information. Keep all manuals for future reference. For replacement hardware manuals, go to [www.xbox.com/support](http://www.xbox.com/support) or call Xbox Customer Support.

**For additional safety information, see the inside back cover.**

### **Important Health Warning About Playing Video Games**

#### **Photosensitive seizures**

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people who have no history of seizures or epilepsy may have an undiagnosed condition that can cause these "photosensitive epileptic seizures" while watching video games.

These seizures may have a variety of symptoms, including lightheadedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, or momentary loss of awareness. Seizures may also cause loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects.

Immediately stop playing and consult a doctor if you experience any of these symptoms. Parents should watch for or ask their children about the above symptoms—children and teenagers are more likely than adults to experience these seizures. The risk of photosensitive epileptic seizures may be reduced by taking the following precautions: Sit farther from the screen; use a smaller screen; play in a well-lit room; do not play when you are drowsy or fatigued.

If you or any of your relatives have a history of seizures or epilepsy, consult a doctor before playing.

## **Contents**

Cheer Loud and Proud! .....	2
Getting Started .....	3
Xbox LIVE.....	4
Getting Help with Kinect .....	4
Quick Start .....	5
Game Screen .....	6
Playing Let's Cheer! .....	7
Main Menu .....	7
Region Select .....	8
Cheer & Routine Selection .....	8
Game Modes & Difficulty .....	9
Scoring.....	9
Spirit Stars & Points .....	10
Unlocking Special Items & New Content.....	12
Extras .....	12
Stats .....	12
Magazine Covers .....	13
Track Calories .....	14
Credits .....	14
Game Credits .....	15
Warranty .....	20
Customer Support.....	21
Playing Kinect Safely .....	25



## Cheer Loud and Proud!



It's time to master moves, keep the beat and break a sweat in **Let's Cheer™**!—the ultimate competitive, full-body cheerleading game. Train, cheer and compete as you earn Spirit Stars and rank up from a local rookie to a National cheerleading champion!

Authentic Cheers and Routines choreographed by professional cheerleaders await you, from basic to complex. Perform to hit music as you perfect your moves and master jumps.

Success delivers up new Routines, additional Squad Members and cool new outfits. So, if everybody is ready, then...

# LET'S CHEER!™

## Getting Started

### Xbox 360® KINECT™ SENSOR

#### SET UP THE KINECT PLAY SPACE

Place your Kinect Sensor below or just above your TV, or near the edge of the TV table or stand. If you put it on top of your TV, be sure it is secure. Remember, these games involve a lot of movement!

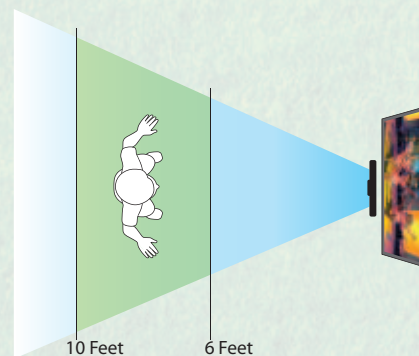
#### Tips:

- ★ Put the Kinect Sensor in a place where it can see you as you move around playing the game.
- ★ Don't stand too close to the Kinect Sensor or too far away.
- ★ Clear the play space of furniture and other obstacles.

#### SIGNING IN

Sign in by choosing an existing player profile or creating a new one.

#### CHECK YOUR DISTANCE



To have the best gameplay experience, you should stand between six and ten feet from the sensor. The image in the center of the screen will show you the correct position.



## Xbox LIVE

Xbox LIVE is the online game and entertainment service for Xbox 360. Just connect your console to your broadband Internet service and join for free. You can get free game demos and instant access to HD movies (sold separately)—with KINECT, you can control HD movies with the wave of a hand. Upgrade to an Xbox LIVE Gold Membership to play games online with friends around the world and more. Xbox LIVE is your connection to more games, entertainment, and fun. Go to [www.xbox.com/live](http://www.xbox.com/live) to learn more.

### CONNECTING

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member. For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to [www.xbox.com/live/countries](http://www.xbox.com/live/countries).

### FAMILY SETTINGS

These easy and flexible tools enable parents and caregivers to decide which games young game players can access based on the content rating. Parents can restrict access to mature-rated content. Approve who and how your family interacts with others online with the Xbox LIVE service, and set time limits on how long they can play. For more information, go to [www.xbox.com/familysettings](http://www.xbox.com/familysettings).

## Getting Help with Kinect

For help, activate the Kinect Guide by holding your left hand out to your lower left. If you're in mid-game, you must select Kinect Guide from the Pause Menu. Learn more on [www.xbox.com](http://www.xbox.com). To find out more information about Kinect, including tutorials, go to [www.xbox.com/support](http://www.xbox.com/support).

## Quick Start

Ready to jump right in? Here's how!



1. Sign in to your player profile. **Let's Cheer!** will track your progress in your profile.
2. Select where to save your game progress if prompted.
3. Select your Squad Captain, then Confirm.
4. Select Cheers on the Main Menu.
5. Select a Region (Local is recommended for first-time players).
6. Select a Cheer (highlighted in blue) or a Routine (highlighted in purple).
7. Select a Mode: Train, Perform or 2-Player Team and Difficulty: Easy, Medium or Hard.
8. Follow the lead of the Squad Captain and Cue Card moves. For the Cheers, chant keywords out loud as they appear in blue.
9. To Pause, move your left hand down to your side and hold at a 45-degree angle. Your right arm should remain flat at your side.

For more details, check out the [Playing Let's Cheer!](#) section of the manual.



## Game Screen



- 1 Spirit Stars** The better your performance the more Spirit Stars you earn to progress through the game!
- 2 Points** Score points for your performance. Strive for perfection!
- 3 Cue Cards** Displays current move and allows you to take a peek at upcoming moves.
- 4 Position Assist** Red outlines on the Squad Captain alert that you are out of position.
- 5 Cheer Prompt** Chant out loud as the words highlighted in blue appear on the screen.

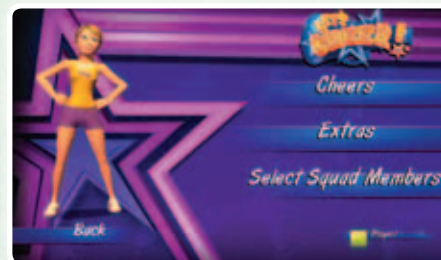
## Playing Let's Cheer!

### READY? OK!

It's time to start earning Spirit Stars which allow you to rank-up and progress through the game.

- ★ Match the moves of your Squad Captain and the Cue Cards on-screen with your body movements.
- ★ Vocalize the Cheers when prompted to cheer out loud by blue words on-screen.
- ★ Move with your Squad Captain as she trains and performs spirited Cheers and competitive Routines.
- ★ Nail enough performances and you'll make the cover of *American Cheerleader® Magazine*!

### MAIN MENU



- Cheers** Select to begin performing Cheers and Routines.
- Extras** View your stats, browse achieved and saved *American Cheerleader Magazine* cover shots, toggle calorie tracking and read the credits. See the [Extras](#) section for more details.
- Select Squad Members** The Squad Member you choose will be your Squad Captain and she will appear at the front of your squad wearing the color of your choice. If you're playing with a friend, you can also choose a Co-Captain for use in 2-Player Team Mode.

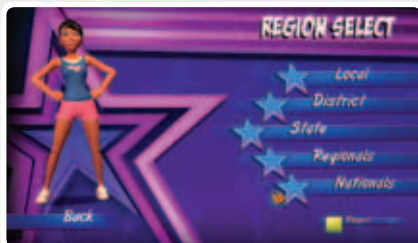


## REGION SELECT

The overall difficulty of each Cheer and Routine increases as you progress from the Local competition to District, State, Regionals and finally Nationals. As you progress and earn Spirit Stars, you will unlock Nationals.

### Tip:

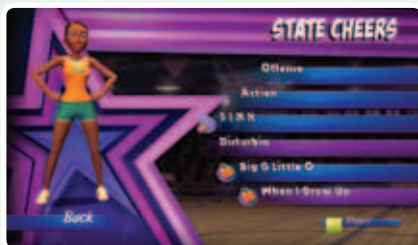
For rookies, Local Cheers and Routines are the best choice to start with.



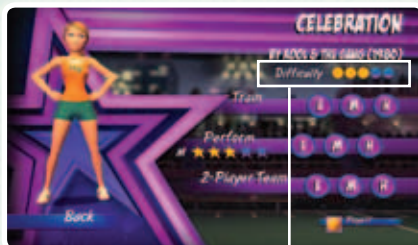
## CHEER & ROUTINE SELECTION

Every Region contains unique Cheers and Routines. Cheers are highlighted in blue and Routines are highlighted in purple. Select the Cheer or Routine you wish to perform here.

Once you select a Cheer or Routine, the overall difficulty of the moves included is noted using yellow circles from one to five, with five being the most difficult.



*Cheers are Blue  
and Routines are Purple*



*Overall Difficulty*

## GAME MODES & DIFFICULTY

There are three modes to play each Cheer or Routine—Train, Perform and 2-Player Team. Each mode can be played on the Easy (E), Medium (M) or Hard (H) difficulty level. The difficulty level selected impacts the number of moves included in the Cheer or Routine and how you are scored (see [Scoring](#)).

### Train

Learn new moves, Cheers and Routines with instruction and repetition—all at a slower pace.

### Perform

Show off as you perform Cheers and Routines at a big game or on the stage during a high-profile competition!

### 2-Player Team

Grab a friend or a teammate and work together to perfect your skills.

## Scoring

Precision, rhythm, vocals and cheer accuracy combined with difficulty level all contribute to your score.

Certain elements of your performance are judged in the Easy, Medium and Hard difficulty levels.

### Easy

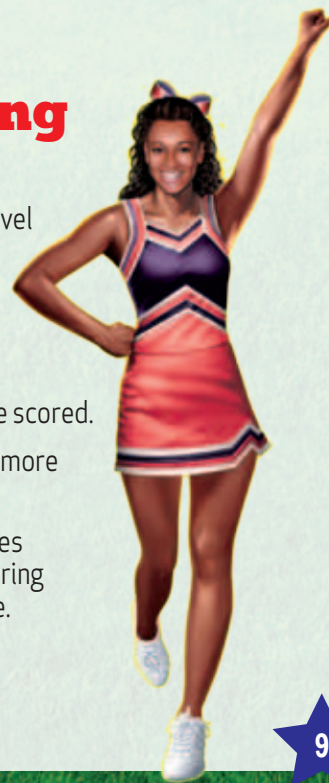
Only basic motions are scored.

### Medium

Adds in the scoring of more difficult moves.

### Hard

Scores advanced moves and includes vocal scoring for Cheers in the game.





## SPIRIT STARS & POINTS

The better you perform the more Spirit Stars you earn. Earn five Spirit Stars to start advancing through the game.

- ★ As you accumulate Spirit Stars, you will win titles and appear on the cover of *American Cheerleader Magazine*!
- ★ You will also unlock new Cheers, Routines, Squad Members and Outfits.
- ★ Each earned star gets added to your player profile.
- ★ All Spirit Stars earned while in 2-Player Team mode will be added to the Player 1 profile.

## POSITION ASSIST

As you play, watch your Squad Captain or Co-Captain. If you're out of position, a red outline appears on her body to alert you. Adjust your stance, leg or arm position to improve the move and earn more Spirit Stars.

## CHEER PROMPT

Let's get loud! Your vocals earn you Spirit Stars when you are performing a Cheer at the Hard (H) difficulty level. Cheer out loud as the words highlighted in blue appear on the screen. If your timing is right on the beat, the blue word turns green. When your timing is off, the blue word turns red.

## POINTS

Score Points for your performance at the same time you're winning Spirit Stars. Your point score will be shown after each Cheer or Routine you perform! In 2-Player Team Mode, individual scores and a combined point total for both players will appear.

## NEON ZONE

Get in the zone! Get cheer sequences correct enough times in a row and you will activate the Neon Zone!

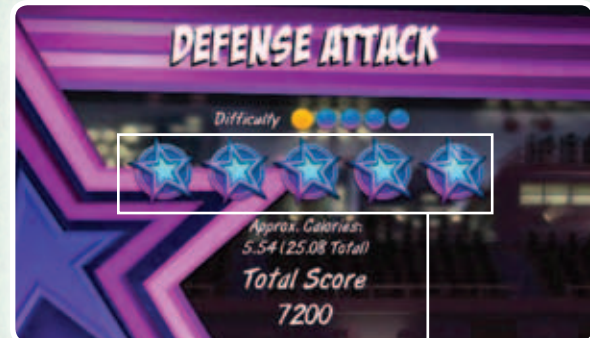
The Neon Zone appears in the background and behind the topmost earned Spirit Star. Points earned in Neon Zone are doubled (x2), delivering a big point payoff for a stellar performance!



## PERFECT SCORE

Aiming for Cheerfection? You will receive a PERFECT score if you nail every move in a Cheer or Routine.

The ultimate in perfection is to achieve a perfect score on every Cheer and Routine in all difficulty levels. When you achieve a perfect score, you will receive five blue Spirit Stars!



Blue Spirit Stars



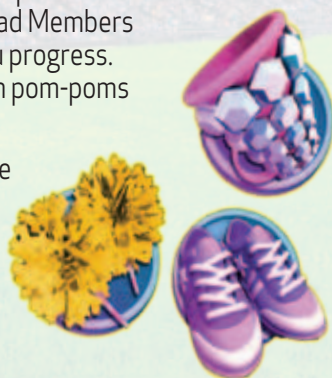
## Unlocking Special Items & New Content



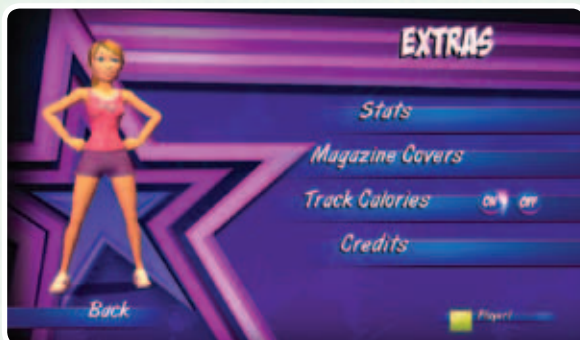
Let's Cheer! is packed with Special Items like Cheers, Routines, new Squad Members and outfits to unlock as you progress.

Diamond megaphones, golden pom-poms and so much more await you!

As you cheer and perform, you will see Special Item and Locked Cheer icons. Hover over the icons to learn how to unlock them.



## Extras



## STATS

View various game statistics like the number of Spirit Stars you have earned here!

## MAGAZINE COVERS

A library of all of your cover shots can be found here. Show them off to your friends!



Nothing says you've made it like appearing on the cover of *American Cheerleader Magazine*. Here's your chance—as you achieve new titles in *Let's Cheer!* you'll be invited to pose for the coveted cover spot. When the camera icon appears, you have a few seconds to pose for your shot. Practice and hard work do pay off!





## TRACK CALORIES

If it's fitness you are after while cheering your way to Nationals, then **Let's Cheer!** will calculate your approximate calories burned for each Cheer or Routine.

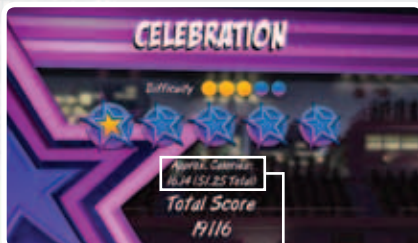
By default, the Calorie Tracker is turned OFF.

Turn ON the Calorie Tracker from the Extras menu that is located on the Main Menu to have your approximate calories burned shown after each Cheer or Routine performed.

Calories tracked are currently based on skeletal movement. Estimate does not reflect age, weight or gender. For upcoming feature updates, please visit [www.2kgames.com/2kplay](http://www.2kgames.com/2kplay).

## CREDITS

Check out the spirited creators of **Let's Cheer!**



*Approximate Calories Burned*



## Register With Us!

Visit [www.2kplayreg.com](http://www.2kplayreg.com) to register your game with us!

Benefits include exclusive info on our latest games, tips, hints and more!

## Game Credits

### PUBLISHED BY 2K PLAY

2K Play is a division of 2K, a publishing label of Take-Two Interactive Software, Inc.

### CAT DADDY GAMES

#### Studio Heads

Harley Howe  
Patrick Wilkinson

#### Art Director

Mac Congrove

#### Development

Lester Bloom  
John Taing  
Aaron Lund  
Doug Deardorff  
Christian Linenko  
Jeff Beckham  
Kevin Steffa  
Ryan Wellman  
Jerry Brummell  
Josh Smith  
Dustin Wilkinson

#### Project Manager

Tamra Schultz

#### Artists

Dan Kircher  
Mike Sarff  
Kyle Wilson  
Didzis Beitlers  
Elliott Bagge  
Greg Holt  
Richard Green  
Andrew McIntosh  
Chris Soares  
Dusty Peterson  
Eli Wolff  
Erin Boldenow  
Philip Howe  
Terry Lo

#### Animation Lead

Chris Hickman

#### Animators

Jamie Beaty  
Dennis DeMercer  
Scott Robinson  
Anthony Strauss

#### Audio

Sound and Music  
Darren Mitchell

#### Additional Audio

Kyle Blondin

#### Talent

Heidi Isaacson  
Lindsay Moen  
Lauren Cross  
J. Mauss  
Laura Nixon  
Fey Harkness

#### Studio Operations Director

Mike Mathisen

#### Administrative Assistant

Fey Harkness



## 2K PUBLISHING

**President**  
Christoph Hartmann

**C.O.O.**  
David Ismaier

**VP, Business Development**  
Steve Lux

**Producer**  
James Daly

**Associate Producer**  
Jim Yang

**Director of PD Operations**  
Kate Kellogg

**Director of Technology**  
Jacob Hawley

**Online Systems Architect**  
Louis Ewens

**Online Engineer**  
Adam Lupinacci

**SVP, Marketing**  
Sarah Anderson

**VP, International Marketing**  
Matthias Wehner

**Director of Marketing**  
Christina Recchio

**Brand Management**  
Kevin Brannan  
Jessica Hopp

**Associate Product Manager**  
Kelly Chicos

**Special Projects**  
Carissa Wendkos

**Director of Public Relations**  
Ryan Jones

**International Associate PR Manager**  
Erica Denning

**VP, Business Development**  
Kris Severson

**VP, Sales & Licensing**  
Steve Glickstein

**Strategic Sales and Licensing Director**  
Paul Crockett

**VP, Legal**  
Peter Welch

**Director of Operations**  
Dorian Rehfield

**Licensing/Operations Specialist**  
Xenia Mul

**Director of Marketing Production**  
Jackie Truong

**Art Director, Marketing**  
Lesley Zinn

**Web Director**  
Gabe Abarcar

**Web Designer**  
Keith Echevarria

**Jr. Graphic Designer**  
Christopher Maas

**Marketing Production Assistant**  
Ham Nguyen

**Video Production Manager**  
J. Mateo Baker

**Video Editor**  
Kenny Crosbie

**Jr. Video Editor**  
Michael Howard

**Game Capture Specialist**  
Doug Tyler

**Marketing Traffic Manager**  
Renee Ward

**Senior Manager of Creative Production**  
Chad Rocco

**Manager, Creative Production**  
Josh Orellana

**Director of Licensing, Strategic Partnerships & In-game Media**  
Shelby Cox

**Associate Marketing Manager, Partner Relations**  
Dawn Burnell

**Public Relations**  
Access Communications

**Packaging**  
Picture Plane  
Calo Rios

**Promotional Partner**  
American Cheerleader Magazine

**Manual Writing & Design**  
Hanshaw Ink & Image

## 2K QUALITY ASSURANCE

**V.P. of Quality Assurance**  
Alex Plachowski

**Test Manager**  
David Arnsperger

**Quality Assurance Test Manager (Support Team)**  
Alexis Ladd  
Douglas Rothman

**Lead Tester**  
Michael Gilmore

**Lead Tester (Support Team)**  
Nathan Bell

**Senior Testers**  
Jason Colombetti  
Marc Perret  
Brian Salazar

**Quality Assurance Team**  
Stephanie Ann Anderson  
Ron Avila  
Scott Bergin  
David Boyd  
Andrew Garrett  
Scott Garrett  
Kenny Griffiths  
Jorge Hernandez  
J Karesh  
Bill Lanker  
Luis Nieves  
Ivan Preciado  
Eric Rodriguez  
Andrew Rumer  
Mark Vazquez  
Michael Verdin  
Rob J Willis

**Technical Supervisor**  
Chris Jones

**System Administrator**  
Eric Lane

**Mastering Lab Technician**  
Todd Ingram

**On-site Technical Support**  
Pedro Villa

**Special Thanks**  
Daisy Amescua  
Lori Durrant  
Merja Reed  
Rick Shawalker

## 2K INTERNATIONAL

**General Manager**  
Neil Ralley

**International Marketing Manager**  
Sian Evans

**Junior International Product Manager**  
Chris Jennings

**Senior Director, International Public Relations**  
Markus Wilding

**Assistant International PR Manager**  
Sam Woodward

**Licensing Director**  
Claire Roberts

**Licensing Executive**  
Jennie Egan

**International Digital Marketing Manager**  
Martin Moore

**International Producer**  
Iain Willows

**2K International Team**  
Agnès Rosique  
Ben Lawrence  
Ben Seccombe  
David Halse  
Dan Cooke  
Dominique Connolly  
Fiona Ng  
Jan Sturm  
Jean-Paul Hardy  
Luis De La Camara Burditt  
Matt Roche  
Olivier Troit  
Richie Churchill  
Ross Purdy  
Sandra Melero  
Simon Turner  
Solenne Antien  
Stefan Eder



## TAKE-TWO INTERNATIONAL

Anthony Dodd  
Denisa Polcerova  
Martin Alway

Nisha Verma  
Phil Anderton

Rickin Martin  
Robert Willis

## SPECIAL THANKS

Jordan Katz  
David Cox  
Take-Two Sales Team  
Take-Two Channel  
Marketing Team  
Siobhan Boes  
Hank Diamond  
Alan Lewis  
Daniel Einzig  
Christopher Fiumano  
Pedram Rahbari  
Jenn Kolbe

2K IS Team  
Seth Krauss  
Greg Gibson  
Brian Pyne  
Take-Two Legal Team  
Jonathan Washburn  
David Boutry  
Ryan Dixon  
Michael Lightner  
Gail Hamrick  
Sharon Hunter  
Kate Ryan

Michele Shadid  
Nicole Nicoletti  
Gena Feist  
KD&E  
Kelly Tofte  
Sandra Smith Congdon  
Jeff Sullivan  
Jolene Turner  
Sarah Pine  
Niccole Key  
Omar Padron  
NY Cheer All-Stars

## MUSIC CREDITS: PUBLISHING

### "Mickey"

Publisher(s): Universal Music - MGB Songs | Society: ASCAP | All Rights Reserved. Used by Permission.

### "Shake It"

Written by Anthony Improgo, Timothy Healy, Trace Cyrus and Mason Musso | Published by EMI APRIL MUSIC INC. (ASCAP) | All Rights Reserved. Used by Permission.

### "That's the Way (I Like It)"

All Rights Reserved. Used by Permission. | Published by EMI BLACKWOOD MUSIC INC. (BMI) | All Rights Reserved. Used by Permission.

### "Celebration"

Composers: RONALD BELL, CLAYDES SMITH, GEORGE BROWN, JAMES TAYLOR, ROBERT MICKENS, EARL TOON, DENNIS THOMAS, ROBERT BELL AND EUMIR DEODATO | WCM Copyright Details: © 1980 WARNER-TAMERLANE PUBLISHING CORP. (BMI), OLD RIVER MUSIC (BMI) AND WB MUSIC CORP. (ASCAP) | ALL RIGHTS ON BEHALF OF ITSELF AND OLD RIVER MUSIC ADMINISTERED BY WARNER-TAMERLANE PUBLISHING CORP. | All Rights Reserved. Used by Permission.

### "Hollaback Girl"

Written by Pharrell Williams and Gwen Stefani | Published by © 2004 HARAJUKU LOVER MUSIC (ASCAP) and EMI BLACKWOOD MUSIC INC. (BMI) and SONGS Music Publishing, LLC o/b/b Songs for Beans (BMI) | All Rights Reserved. Used by Permission.

### "Just Dance"

Written by Aliuane Thiam (ASCAP), Nadir Khayat (BMI), and Stefani Germanotta (BMI) | Published by Sony/ATV Harmony (ASCAP), Byefall Productions Inc (ASCAP), Sony/ATV Songs LLC (BMI), Songs Of RedOne (BMI), and House Of Gaga Publishing Inc (BMI) | All Rights Reserved. Used by Permission.

### "When I Grow Up"

Written by Jim McCarty, Paul Samwell-Smith, Rodney Jerkins, Theron Makiel Thomas and Timothy Jamahli Thomas | Published by EMI APRIL MUSIC INC. (ASCAP) and EMI BLACKWOOD MUSIC INC. (BMI) | All Rights Reserved. Used by Permission.

### "Disturbia"

Written by Rob Allen (BMI), Andre Merritt, Brian Seals, and Chris Brown | Published by Sony/ATV Songs LLC (BMI), A List Vocalz (BMI) | All Rights Reserved. Used by Permission.

### "Starstruck"

Written by Nathaniel Motte and Sean Foreman | Published by EMI BLACKWOOD MUSIC INC. (BMI) | All Rights Reserved. Used by Permission.

### "I Like to Move It"

#### Performed by Reel 2 Real feat. The Mad Stuntman

Writers: E. Morillo, M.Quashie | Publishers: Strictly Rhythm Publishing (ASCAP), Mega Platinum Music (ASCAP) | Produced and mixed by Erick "More" Morillo and Ralpie "Boy" Muniz for Double Platinum Productions, Inc. | Vocals by Mark Quashie (Mad Stuntman) | (P) 1993 Strictly Rhythm Records, Inc. | © 2006 Strictly Rhythm Records, Inc.

## MUSIC CREDITS: MASTERS

### "Mickey"

Performed by Toni Basil | © 1981 Stillwater Limited, under exclusive license to Razor & Tie Direct, LLC.

### "Shake It"

Performed by Metro Station | Courtesy of Columbia Records | By arrangement with Sony Music Licensing

### "That's The Way (I Like It)"

#### Performed by KC & The Sunshine Band

Courtesy of Rhino Entertainment Company | By arrangement with Warner Music Group Video Game Licensing | (P) 1975 T.K. Records

### "Celebration"

Performed By Kool & The Gang | Courtesy of The Island Def Jam Music Group | Under License from Universal Music Special Markets

### "Hollaback Girl"

Performed By Gwen Stefani | Courtesy of Interscope Records | Under License from Universal Music Special Markets

### "Just Dance (feat. Colby O' Donis)"

Performed By Lady Gaga | Courtesy of Interscope Records | Under License from Universal Music Special Markets

### "When I Grow Up"

Performed By The Pussycat Dolls | courtesy of Interscope Records | Under License from Universal Music Special Markets

### "Disturbia"

Performed By Rihanna | Courtesy of Def Jam Records under license from Universal Music Enterprises | Under License from Universal Music Special Markets

### "Starstruck" (feat. Katy Perry)

Performed by 3OH!3 | Courtesy of Atlantic Recording Corp./Photo Finish Records LLC | By arrangement with Warner Music Group Video Game Licensing | (P) 2009 Photo Finish Records, LLC

### "I Like to Move It"

#### Performed by Reel 2 Real feat. The Mad Stuntman

Writers: E. Morillo, M.Quashie | Publishers: Strictly Rhythm Publishing (ASCAP), Mega Platinum Music (ASCAP) | Produced and mixed by Erick "More" Morillo and Ralpie "Boy" Muniz for Double Platinum Productions, Inc. | Vocals by Mark Quashie (Mad Stuntman) | (P) 1993 Strictly Rhythm Records, Inc. | © 2006 Strictly Rhythm Records, Inc.





## Playing KINECT Safely

### **Make sure you have enough space so you can move freely while playing.**

Gameplay with KINECT may require varying amounts of movement. Make sure you won't hit, run into, or trip over other players, bystanders, pets, furniture, or other objects when playing. If you stand or move during gameplay, you need good footing.

**Before playing:** Look in all directions (right, left, forward, backward, down, and up) for things you might hit or trip over. Be sure your play area is far enough away from windows, walls, stairs, etc. Make sure there is nothing you might trip on—for example, toys, furniture, loose rugs, children, pets, etc. If necessary, move objects or people out of the play area. Don't forget to look up—be aware of light fixtures, fans, or other objects overhead when assessing the play area.

**While playing:** Stay far enough away from the television to avoid contact. Keep enough distance from other players, bystanders, and pets—this distance may vary between games, so take account of how you are playing when determining how far away you need to be. Stay alert for objects or people you might hit or trip on—people or objects can move into the area during gameplay, so you should always be alert to your surroundings.

Make sure you always have good footing while playing. Play on a level floor with enough traction for the game activities, and make sure you have appropriate footwear for gaming (no high heels, flip flops, etc.) or are barefoot if appropriate.

**Before allowing children to use KINECT:** Determine how each child can use KINECT and whether they should be supervised during these activities. If you allow children to use KINECT without supervision, be sure to explain all relevant safety and health information and instructions. **Make sure children using KINECT play safely** and within their limits, and make sure they understand proper use of the system.

**To minimize eyestrain from glare:** Position yourself at a comfortable distance from your monitor or television and the KINECT sensor; place your monitor or television and KINECT sensor away from light sources that produce glare, or use window blinds to control light levels; choose soothing natural light that minimizes glare and eyestrain and increases contrast and clarity; and adjust your monitor's or television's brightness and contrast.

**Don't overexert yourself.** Gameplay with KINECT may require varying amounts of physical activity. Consult a doctor before using KINECT if you have any medical condition or issue that affects your ability to safely perform physical activities or if: You are or may be pregnant; you have heart, respiratory, back, joint, or other orthopedic conditions; you have high blood pressure or difficulty with physical exercise; or you have been instructed to restrict physical activity. Consult your doctor before beginning any exercise routine or fitness regimen that includes KINECT. Do not play under the influence of drugs or alcohol, and make sure your balance and physical abilities are sufficient for any movements while gaming.

**Stop and rest** if your muscles, joints, or eyes become tired or sore. If you experience excessive fatigue, nausea, shortness of breath, chest tightness, dizziness, discomfort, or pain, STOP USING IMMEDIATELY, and consult a doctor.

See the Healthy Gaming Guide at [www.xbox.com](http://www.xbox.com) for more information.