



*Exertion does not necessarily involve movement, sometimes holding a particular body pose or hanging off something can be very exhausting, too.*

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Hanging off a Bar is a game that plays with the idea of hanging over a wild river, projected underneath the player. The goal is to hang on as long as you can.

Hanging off a Bar tires one out on the hands, arms and stomach quite quickly. Luckily, from time to time, there is a raft in the form of a set of logs coming by in the river, and the player can jump on these to rest and recover, but not for too long, because the raft disappears in the waterfall behind, and the player has to jump back up. There is a timer that shows the player how well she/he is doing. The longer the player is able to hang on, the less frequent the rafts become. They also are shorter and shorter, so less time to recover for the player, and they also arrive slower and slower, hence the player can see the raft approaching, but it just takes seemingly 'forever'.

### **Technical Implementation**

Technical implementation is very easy, a weight-sensitive platform detects if the player is up in the air, and sends this data to the game engine.

### **Computer Gaming to Increase Exertion**

This game shows how fantasy game elements, here animated rafts, can engage players to invest physical effort just a bit longer, as the player sees the raft arriving, being enticed to make it 'just to the next one'



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