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Period ⅞
03/07/17

DWA Pokemon Go Essay

When "Pokemon Go" first came out, it was one of the most downloaded apps of summer 2016. People of all ages were going out to play and catch Pokemon. So many people played the game and it became popular very quickly. Some critics of the game claim that Pokemon Go is a dangerous game but "Document C" and infographic,"Document D" adapted by ProCon.Org, and "Document E" adapted by Psychology Today, all show how Pokemon Go has a more positive affect than a negative affect. Pokemon Go is beneficial because it improves physical fitness, allows exploration of communities, and improves the mental state.

First of all, Pokemon Go improves the physical fitness of the people who play it. In a world where most of our time is spent sitting or laying down, it is essential that people at least fit some exercise into their schedules. That is exactly what Pokemon Go is doing. According to Document C it states, " 84% of people have increased their daily physical activity by 30 minutes or more since starting to play." More and more people are also becoming obese but at least some exercise can help them be healthier. Playing Pokemon Go gives them a chance to walk or maybe even run which helps their bones stay healthy and significantly decreases the chances to get arthritis. Document C says that, " 62% are physically active for 5 or more hours each week." Almost two thirds of the people playing Pokemon Go are getting a healthier life with the extra 5 hours of walking. Most people who don't have Pokemon Go don't have anywhere to go so those 5 hours would be spent on laying down, sleeping, or sitting while playing video games. Pokemon Go is beneficial to people's physical fitness.

Second of all, Pokemon Go allows for deeper exploration of places. Most people don't like to walk and go to new places because they rather be at home. Pokemon Go allows people to walk and discover new places they have never seen. In Document D, it states that," By exploring their communities and sharing information about where to find creatures, players are interacting with strangers and finding new friends." The people are socializing with the rest of their community while having an easy topic to talk about. They can have new friendships with people who also live near. According to Document D they state that, " As people explore their towns while playing the app, they are discovering new stores,shops,restaurants, and local places." This is also good for some stores that are not widely known to have some customers and manage to stay open and not shut down. Meanwhile the players of Pokemon Go might have found their new favorite place to eat at. Pokemon Go helps people explore and know their communities better.

Thirdly, Pokemon Go can improve the mental state of some people. Lots of people suffer with depression, stress, and anxiety. Every year people end up killing themselves due to depression. Each year the amount of kids with depression increases. Pokemon Go can help with depression or other disorders. According to Document C it states that," Walking improves, mood, fights, stress, and depression." Students that have family issues or school stress can use Pokemon Go as a way to have fun and forget about the issues they have. It can decrease the amount of depression in young kids. Document E says that, " Supporters say that the pros of playing such a game is that it provides positive rewards, promotes structure that helps define

goals and step-wise levels, and is an easy conversation starter that can help decrease social anxiety." People with social disorders can start an easy conversation and easily make a new friend while playing a game that is fun. If they continue the game they might also learn to communicate with people even without the game. Pokemon Go is healthy because it can help a person's mental state.

In conclusion, Pokemon Go is a great and beneficial game because it improves physical fitness, allows exploration, and improves the mental state. Although some people say the game is dangerous because it leads people into inappropriate areas, it also depends on the user's common sense. The person playing must know about stranger danger and about wandering into unknown places. This is important because these types of games that the new generation are playing. More of these types of games will come out so we need to help them and encourage them to play the game. They must also remember to play the game safely.