

Suddenly, as you're walking through your neighborhood a rare pokemon pops up on yours Pokemon Go app and it can be anywhere. According to an infographic, "Health Benefits to Catching'em all," by Manulife, an article by Procon.org, "Is Pokemon Go Good for our Society," and an article, "The Physiological Pros and Cons of Pokemon Go," adapted from psychology today, these documents all discuss if Pokemon Go is a beneficial app because it has health benefits, it has brought more customers to business, and it can help psychologically.

First of all, Pokemon Go is an app where you have to go outside and walk to find new pokemon creatures. To play the game you have to walk which is a health benefit to us. According to document C it states, "62% are physically active for 5 or more hours each week." Pokemon Go has increased time spent outside walking and can keep increasing. Since people walk more because of this app, it can cause many health benefits, for example in document C it informs, "The health benefit of walking outside tones muscles, lowers blood pressure, prevents osteoporosis, prevents colds and improves immune system, protects against cancers and health diseases, and helps manage weight, " Since Pokemon Go promotes a fun way to improve your health, more should play. There are also many more health benefits of playing Pokemon Go so why stop?

Secondly, Pokemon Go has brought more customers to business that they have never seen before, thanks to the app. An example, is said in document D, "Some business owners are very happy about this games, claiming that Pokemon Go has brought a lot of customers to business. As people explore their towns while playing the ap, they are discovering new, stores, shops, restaurants, and local places." While playing Pokemon Go people are walking to new parts of their towns to find creatures, but also finding new stores that help businesses. Also in

document C it states, “ 78% have explored their community more often.” The majority of people who play Pokemon Go explore their community to find new pokemons. So if it wasn't for pokemon Go people wouldn't have found these places and maybe even new friends, and businesses would have found more customers too.

Finally, Pokemon Go has helped with psychological issues like depression and or social anxiety. In document C it informs, “Fresh oxygen improves brain function, improves mood, fights, and stress.” Since people are walking outside they got fresh air so our brain functions more which can help with issues. Walking for some people is like therapy and know Pokemon Go has made it more fun to walk, which will help depression because it encourages more to play and walk. Another example, is states in document E, “This app has the potential to benefit people who would not otherwise be motivates or able to leave the house due to fear or anxiety.” People who are too scared to leave because of personal issues are starting to go outside because of Pokemon GO. This game also leads to meeting people and gives rewards, which can help with social anxiety too. Even though Pokemon Go can help us there are some ways it is unsafe. For example in document D it says, “News reporters say that users have tripped, fallen into lakes, crashed a car, and sustained other injuries while playing.” Since some people are distracted on finding new creatures they can get injured, but this can be fixed people are more aware of their surroundings.

All in all, Pokemon Go has many benefits to playing like, health benefits, exploring new places in their communities, and it can help with psychological issues. With that said it's a fun app that more people should play because it encourages walking, helps find new areas that we never have notices in our communities, it helps release personal issues, and many more. Even

though there are some con of playing the ap, that can be fixed, it is an app that is fun and can help us and even society.

My score was a 4 and a 4