

# Is 'Pokemon Go' exercise?

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Carolyn Scofield [cscofiel@tulane.edu](mailto:cscofiel@tulane.edu)

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Jeanette Gustat

“Pokemon Go” has millions of fans hunting virtual creatures in the real world using their phones. The craze is luring gamers of all stripes to get on their feet and out the door to catch them all. [Jeanette Gustat](#), an epidemiologist with the [Tulane Prevention Research Center](#), checks in with players on the uptown campus to determine whether the phone app is actually sneaking in serious health benefits among all the fun.