Are Video Games Good for You?

A study released last June found that some video games can give your brain a boost. Researchers at the University of Montreal, in Canada, asked people to play *Super Mario 64* over the course of several weeks. The researchers found that the people experienced growth in the part of the brain that is responsible for memory. Other studies have shown that playing video games can help improve hand-eye coordination, reaction time, and concentration.

But many people argue that it's not good to stare at a screen for hours at a time. They say that playing sports and reading can give you the same benefits as playing video games. Plus, some video games can be harmful. The University of Montreal study also found that playing shooter games like *Call of Duty* has the opposite effect of playing *Super Mario 64*. It causes the region of the brain that's responsible for memory to shrink.

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