



Chapter 2

Metaverse: Virtual Gyms and Sports

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ABSTRACT

In recent years, the concept of the metaverse has garnered substantial attention as an emerging digital realm that combines virtual reality, augmented reality, and various interactive technologies to create immersive and interconnected digital spaces. As traditional fitness routines and sports activities transform due to technological advancements, virtual gyms and sports have emerged as innovative solutions to engage individuals in physical activities within the metaverse. Dive into the dynamic realm of the metaverse with this chapter on virtual gyms and sports. The metaverse's business models, user experience design, and scaling strategies are explored, as are its applications in healthcare, therapy, and sports training. As the curtain falls, the authors delve into virtual fan engagement, community building, and future trends. The dynamic landscape of the metaverse awaits your exploration within these pages. Join the researchers in navigating the boundless possibilities of virtual gyms and sports, unraveling their impact on society, industry, and beyond.

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