

Carlton Griggs of New Jersey Offers Gaming Tips to Newbies

Carlton Griggs of New Jersey says that while video games are fun, caution must be taken.

LAKE HIAWATHA, NJ, USA, August 9, 2014 /EINPresswire.com/ -- [Carlton Griggs of New Jersey](#) enjoys playing video games when he isn't selling cars at the Wayne Mazda dealership in Wayne, New Jersey. He says that gaming can be a great escape from the day-to-day reality of work, but there are some hidden dangers in video games a lot of people aren't aware of the first time they pick up a controller.

Carlton Griggs of New Jersey says that all players should think twice about posting pictures of themselves, or releasing any of their personal information to their fellow gamers. That is just common sense. Personal information, he says, includes a player's real name, location, gender, age, or anything else that is specific to their offline, real world identity. And as for pictures, Carlton Griggs of New Jersey recommends always using an avatar, not an actual photograph.

It's also a really good idea to have a good password to protect gaming accounts. Use the watchwords "long and strong" to dream up a password that is at least eight characters in length, and includes a mix of upper and lower case letters, some numbers, and symbols.

Check the rating on the side of the box, says Carlton Griggs of New Jersey. This isn't just a matter of making sure a game is appropriate for children; it's also a matter of making sure that a game is appropriate for you. Not all adults enjoy violent shooter games, and newcomers might be surprised at how strong the language in many games can be. Many rated games have rating summaries that describe exactly what the game's content is.

Many video games, says Carlton Griggs of New Jersey, have a feature called live voice chat. Some of these games have an added feature that lets the gamer disguise his or her voice. He says that if the game you are playing doesn't have a disguise feature you might want to think twice about using live voice chat; and that is especially true for children.

Carlton Griggs of New Jersey says there can be a downside to playing video games. Some people can get so engrossed in them that they lose all track of time. And if they keep it up, it can have an impact on their health and fitness. Carlton Griggs of New Jersey says that it is a good idea to take little breaks as you play your favorite games. Even short pauses of ten to thirty seconds can allow a gamer to stretch out and flex muscles that have been inactive for prolonged periods of

time. He says he likes to stop long enough to do some toe-touches, arm stretches, a few quick jumping jacks, and arm-circles. These are simple exercises that can be done rapidly, he says, but can have the effect of getting the blood pumping and waking up muscles that are falling asleep.

Carton Griggs of New Jersey adds that longer pauses are a good idea, too. These should last a few minutes, and can include doing some sit-ups, push-ups, squats, and dips. And longer pauses, he adds, can include a bathroom break!

About: Carlton Griggs of New Jersey advises caution when playing video games.

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