



## Saving the world one workout at a time

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Imagine going to the gym and the energy you put out while exercising on the elliptical machine could turn into electrical power. University of Florida graduate Hudson Harr designed a way to make that happen.

He's wired machines at the Gainesville Health And Fitness Center. "We're showing the power going back into the bank of lights and when you stop going, they turn off, and when you start again, they start again, they come back so this is an example of the power can do with all the other machines, the power is going back to the grid, back to the electrical system of the gym powering the lights around you," explained Harr.

The power produced by the machines goes into a special grid and will help the gym offset its GRU costs. "The entire array of exercise equipment is feeding our system and it's going through this grid sync converter and we're sending power back. No batteries, directly toward the grid in the most efficient way," said Harr.

Gym customer Mandy Spurlin says this is a great way to exercise and help the environment. "That's wonderful to be able do this while working our and doing something good for our bodies, to do something good for the environment, you can't beat that," exclaimed Spurlin.

Harr hopes the concept will spread to other gyms, as people grow more conscious of trying to reduce their carbon footprint in this case by harnessing foot-power.