

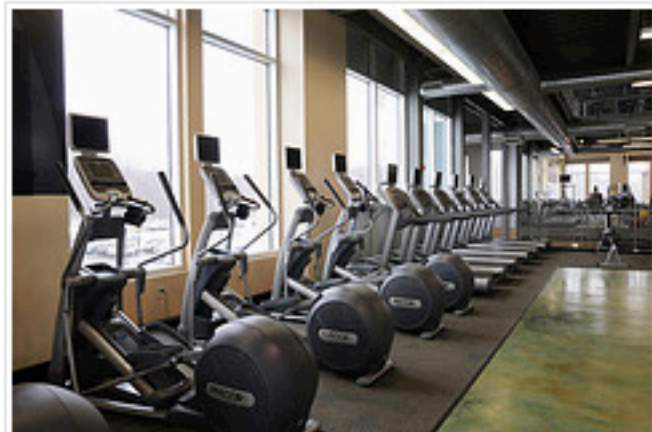


Exercise Machines Generating Energy At College Campuses

By: [VeganVerve](#) in [Alternative Energy](#), [Environment](#)

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[Technology](#) created by Hudson Harr, who owns [Renewable Revolution](#), is enabling college campuses and fitness centers across the country to generate electricity through exercise. Harr designed a way in which to use a Precor elliptical machine to generate power. These manipulated ellipticals are being used increasingly across the country.

Currently, ten facilities in the United States are using the ellipticals to generate electricity, including Gainesville

Health and Fitness Center, the University of Florida, the University of Oregon and Oregon State University.

Harr hopes to get more fitness centers on board the idea for producing energy by workout power. Says Harr: "There are over 30,000 health clubs in the U.S.. If you could figure each one producing electricity will take one house off the grid, that is 30,000 [houses](#) off the grid."

A thirty minute workout on one of the units produces enough electricity to run a compact fluorescent light bulb for about 2.5 hours or a laptop for 1 hour. The University of Oregon, which is using twenty of the units, estimates that if 3,000 people use the machines each day, it would produce enough energy to run one energy-efficient [house](#).

Like many other universities, the University of Oregon has a large electricity bill. The ellipticals are not expected to make a very big dent in the bill, but all those involved feel it is more about changing perception. By showing how simple it is to produce energy via a daily workout, it is bringing renewable energy and its various technologies more to the main stream than ever before.

Sustainability director at the University of Oregon, Steve Mital, stated: "We're not going to get off Middle Eastern oil by connecting up all the ellipticals all over the country. We bought it and installed it mostly because it's an educational opportunity. People will be on those things sweating away and it gets them thinking."