

GHFC appears on Fox News Channel Thursday

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Monday, July 14, 2008

The "green machines" project going on inside our gyms has made national news. Reporter [Orlando Salinas'](#) is reporting for the cable news channel.

Monday, Salinas and crew were in the Main Center shooting video for their story.

If you haven't heard, there are 15 elliptical machines upstairs in the Main Center that create electricity when used - the higher the resistance, the higher the electric output.

Here's the [Gainesville Sun's](#) story on the gym's electricity-generating ellipticals.

Update:

[Popular Science](#) (July 18)

[WBIR-TV, Knoxville, TN](#) (July 18)

[WUFT-TV, Gainesville](#)



In Other News:

[A New Record: 124 Blood Donors in 24 Hours](#)

Wednesday, September 16, 2009

A big thanks to everyone who came out to make the event, a part of the "What Colors Do You Bleed?" challenge, a gigantic success. With LifeSouth reporting ...

[Never Give Up! Joe Cirulli talks about overcoming adversity](#)

Friday, September 11, 2009

Joe Cirulli, owner of Gainesville Health & Fitness, tells his story of overcoming adversity, Sept. 1, 2009, at one of his Gainesville, FL health ...

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Energy you put out while exercising on the elliptical machine could turn into electrical power.