

Wayne Bledsoe: Finally, sweat turns into electricity

By Wayne Bledsoe

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It's about dang time!

For years, I have refused to exercise because I just couldn't bear the idea that my sweat and strain was going toward nothing better than making me healthy and beautiful.

Granted, I could use health and beauty. I have cholesterol that hovers near 450 when I'm not on artery de-waxing pills and I'm still stinging from the disgrace of failing the Chippendale dancer auditions (OK, kidding about that one).

However, considering our forefathers toiled in the fields all day and died at the ripe old age of, oh, about 35, I have imagined the voices of the ancient elders laughing every time I sat on that exercise bike or foolishly attempted aerobics. Those venerated ghosts may have nearly died working 18-hour days, but when they were finished they could say something like: "Lookahere at this pyramid!" I know, realistically, lots of them DID die in that muscle building effort, but it was for something better than bragging about how low their cholesterol was before a block of rock flattened them into red Egyptian sheets.

Now, though, SportsArt Fitness has developed a line of equipment, Green System (<http://green.sportsartamerica.com>), that uses the energy of your exercising to put power back into a building's energy grid.

Oh, I know you'll think it's silly. How much energy could one person create? Maybe not much, but any feeling that my exercise was doing more than feed sweat-loving bacteria would make me feel better. SportsArt estimates the Green System can help a "typical" health club shave \$3,000 off its energy bill if it replaced all their machines with new Green System machines. I have no idea what "typical" is. I don't go in health clubs.

Of course SportsArt is just one of the first to think about helping your local sweat factory. A lot of folks seem to have the same aversion to wasted effort that I have.

The Internet is full of helpful plans to turn your exercise bike into a generator that could charge your computer, power your TV or do something as simple and immediately gratifying as powering a light bulb. At least you could feel like you were doing something useful.

And it's a fantasy of mine to trap my enemies in the basement and tell them they'll have to power the lights in their room, but as soon as they stop pedaling the lights fade out.

My question is why can't we harness the energy generated from our other activities?

I look around the office and think of just how much energy could be created if we harnessed the power of furrowed brows and cuss words since we got this new computer system.

Maybe there's hope yet.



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