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# Fitness Center Turns Exercise Into Electricity

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How many students does it take to power a light bulb?

Just one, if that student works out on an elliptical machine at the [Cal State San Bernardino](#) fitness center.

Like fit [hamsters in power-generating wheels](#), the exercisers actually provide the center's power. It's the first [California](#) school to convert human exercise into electricity.

"The harder they work out and the longer they work out, they'll generate more electricity," said [Rick Craig](#), director of recreation.

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## People Power Drives Health Club

Each elliptical machine generates about 100 watts of power per hour. The electricity flows to a power grid, which is located in a fitness center closet.

A 30-minute workout can power a laptop for about a half hour. The same workout can power a fluorescent bulb for 90 minutes.


"I think it's really good idea," said student [Sara Calderon](#). "We might as well be generating clean energy. We're all here to get our energy and relax. Obviously there are a lot of health benefits."

The equipment cost the school less than \$15,000.

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