The background of the slide features a series of colorful silhouettes representing various gym activities. From left to right, the silhouettes include: a person performing a bicep curl (red), a person in a starting crouch for a sprint (purple), a person lifting a barbell overhead (blue), a person performing a high kick (teal), a person in a starting crouch for a sprint (green), a person running (yellow), a person performing a sit-up (orange), and a person in a starting crouch for a sprint (pink).

# How Can a Gym Turn Environmentally Green?

**ECON 2505ID**

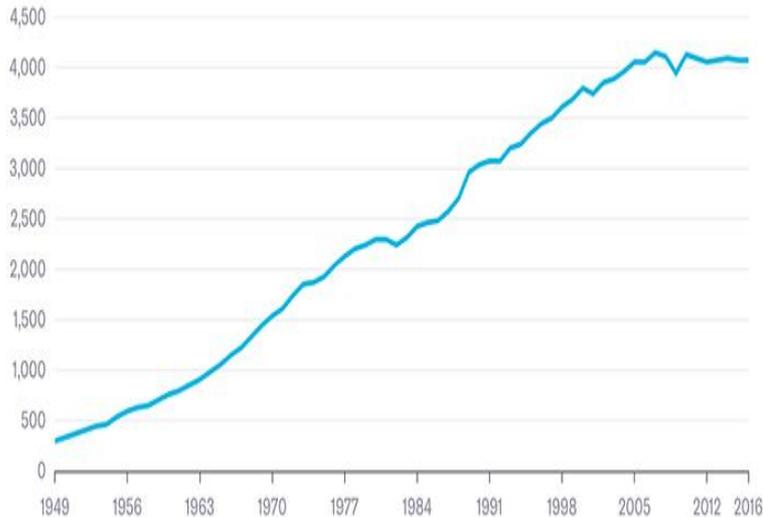
**Kevin Duong**

**Sing Yeu Wei**

# Electricity Usage in the U.S yearly

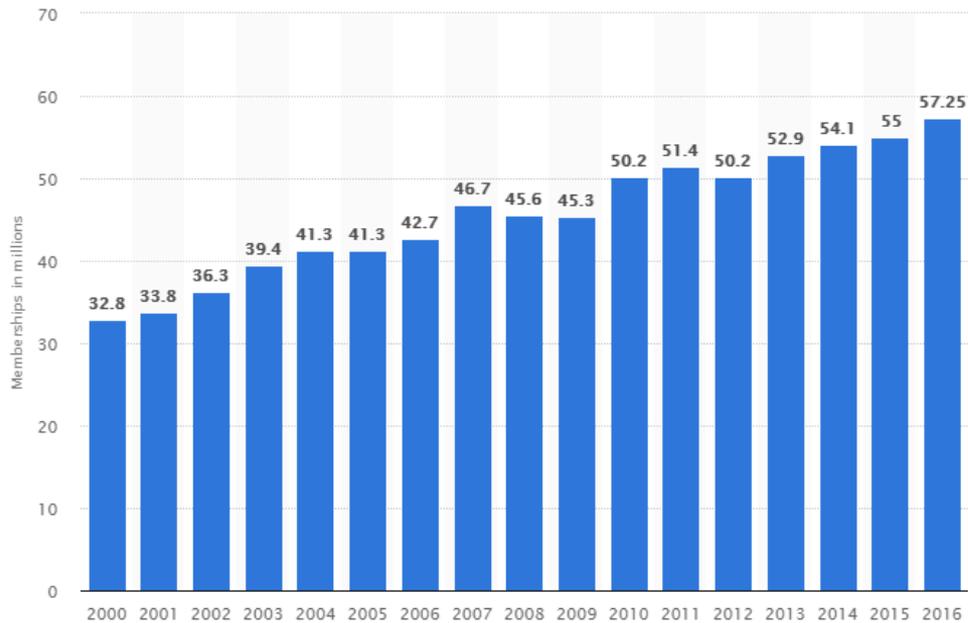
## The Electricity Plateau

U.S. annual net electricity generation, in terawatt hours



Source: U.S. Energy Information Administration

- Usage of electricity is increasing over the years
- 4 trillion kilowatts per hour is generated in 2016
- The increase of electricity use means the more fossil fuel burn
- This will lead to an increase in climate change



- Gym Members have been increasing from 2000-2016
- 57 million gym members have joined in 2016
- We can use this to our advantage by making gyms green.

# Electric generating equipments

- Have equipments that generate electricity as gym members workout.
- Gym equipments such as electric bicycles, treadmills, cyclers, and ellipticals
- A gym called the Green Microgym has already implemented electric generating gyms in their facility
- These equipments can reduce the use of carbon emissions and the burning of fossil fuel.

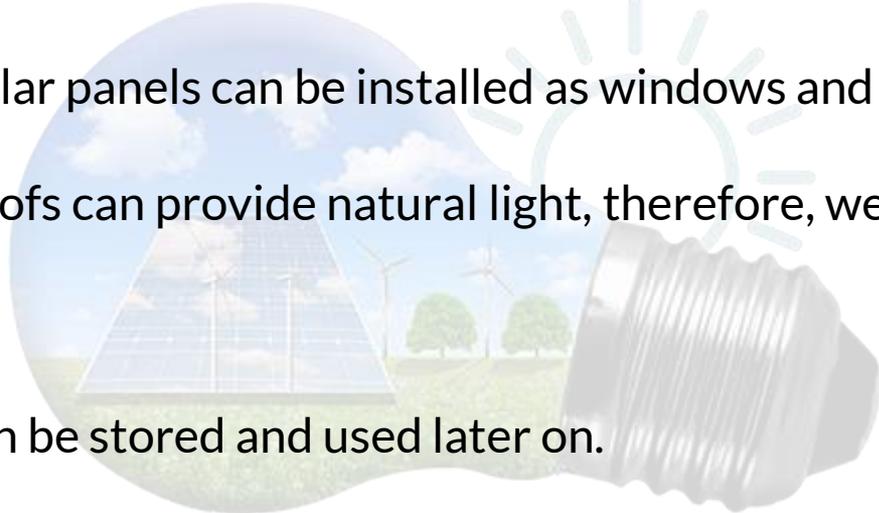
# The Green Microgym

- From 2009- 2015, Green Microgym has generated 444,000 kilowatt hours, equivalent to 195 acres of tree planted. All power were generated from electric generating equipments and solar panels
- According to Green Microgym: 8 Watts can charge a cellphone, 25 Watts can charge a laptop, 100 Watts can power a television, and 1250 watts can start charging an electric car
- One person can generate 10 Watt per hour with the machines.

# Solar Panels

To increase efficiency, solar panels should also be installed in gym facilities

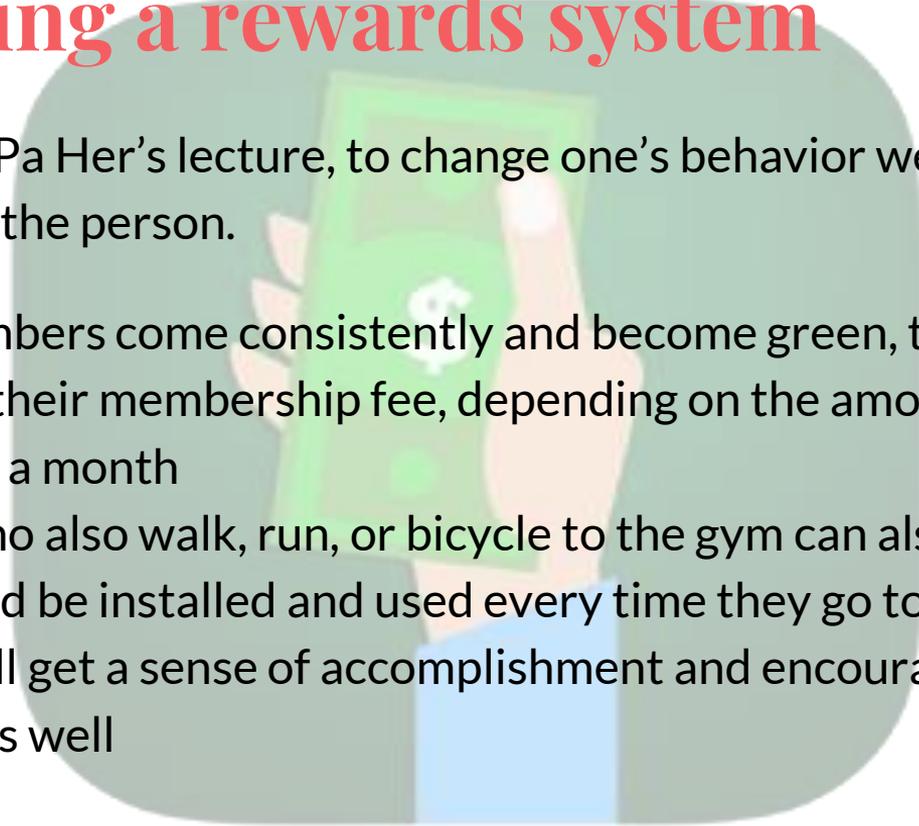
- Solar panels absorb sunlight and produce electric energy
- Transparent solar panels can be installed as windows and transparent roofs
- Transparent roofs can provide natural light, therefore, we will use less electric powered lights
- Solar power can be stored and used later on.



# Introducing a rewards system

According to Dr. Pa Her's lecture, to change one's behavior we must enforce the rules and reward the person.

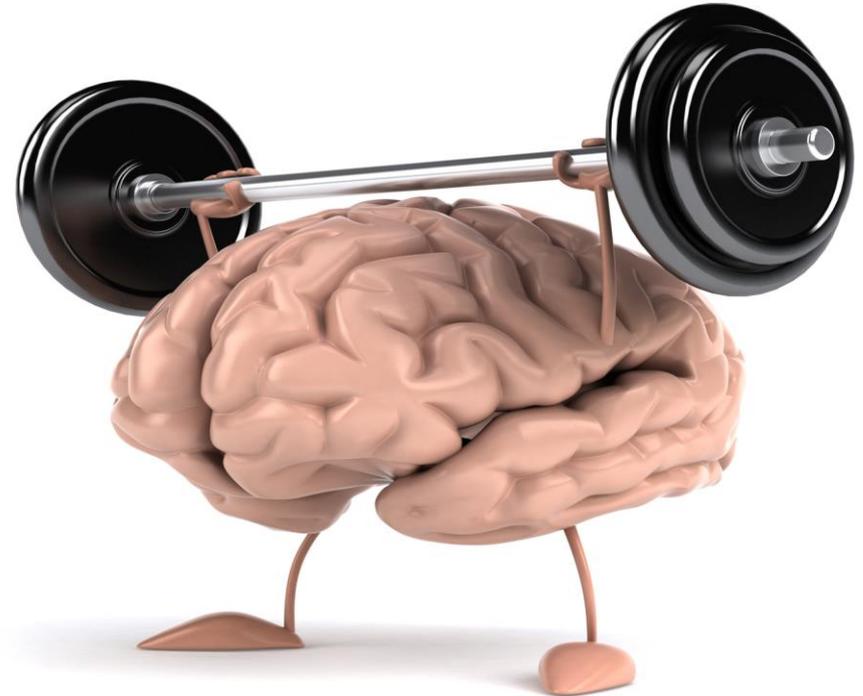
- To have members come consistently and become green, the gym can give a discount on their membership fee, depending on the amount a member have generated in a month
- Members who also walk, run, or bicycle to the gym can also participate and a tracker would be installed and used every time they go to the gym
- Members will get a sense of accomplishment and encourage others to participate as well



# 13 Unexpected Benefits of Exercise

The following shows the 13 Unexpected Benefits of Exercise:

- Reduce Stress
- Boost Happy Chemicals
- Improve Self-Confidence
- Enjoying Great Outdoors
- Prevents Cognitive Decline
- Alleviate Anxiety
- Boosts Brainpower
- Sharpens Memory
- Controls Addiction
- Increases Relaxation
- Getting more done (Getting the job done)
- Tapping into Creativity
- Inspiring Others



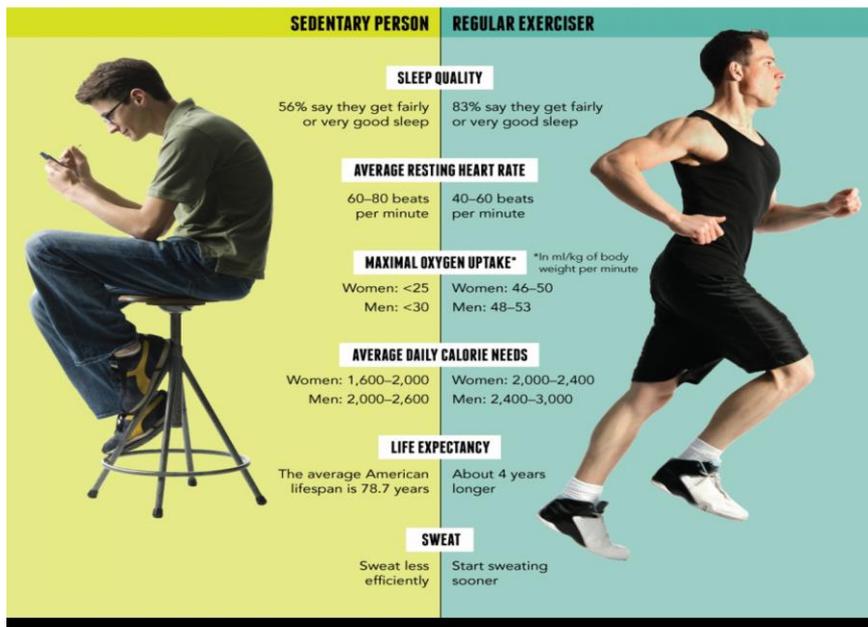
# Psychological Behavior's

- According to Sophia Breene there are 13 Unexpected Behavior aspects that she mention that will justify our own functions as a human being. Her studies show that making time for exercise provides some serious mental benefits which can lead to a healthier and more happier life overall.
- Many people hit the gym or pound the pavement to improve cardiovascular health and build muscle, but working out has above neck benefits as well
- The last decade scientists have wondered how exercising can boost brain functions regardless of age or fitness level

# Exercise Makes a Big Difference in Our Life

## THE DIFFERENCE EXERCISE MAKES

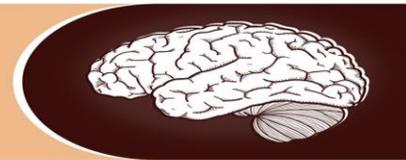
Only about 20 percent of American adults meet their recommended amount of exercise, but skipping on regular sweat sessions has some pretty profound effects. Here are a few of the major differences between an average, 40-year-old exerciser and someone getting little to no physical activity.



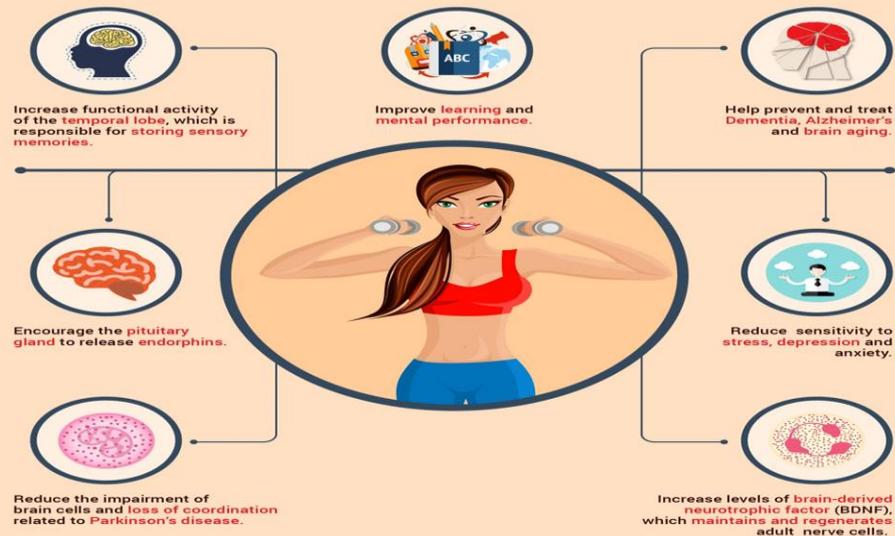
Sources: CDC, WebMD, USDA, Men's Journal, Harris Training Systems, ABC News  
Photos: Getty

THE HUFFINGTON POST

## YOUR BRAIN ON EXERCISE



### GETTING YOUR SWEAT ON CAN...



# Healthcare Triage and Morning Exercise

- According to a New York Times article shows Aaron Carroll the writer of “Exercise Is Really Good for You. Like, REALLY Good for You” shows that exercise is not only good for you it guides you into a right path.
- Morning Exercise improves mental health



<https://www.youtube.com/watch?v=SFBBjynBpSw>

<https://www.youtube.com/watch?v=3ZBXldCxZEA>

# Exercising Improves the Heart?

The following link below will explain how exercising improves the human heart and it's positive effects to our health



[https://www.youtube.com/watch?v=\\_AXQnM-jai0](https://www.youtube.com/watch?v=_AXQnM-jai0)