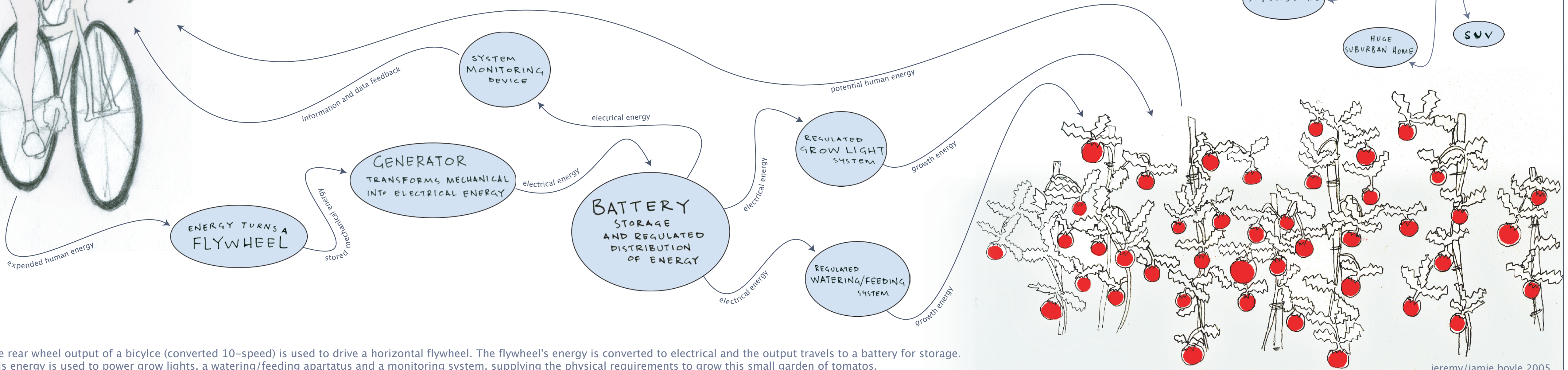
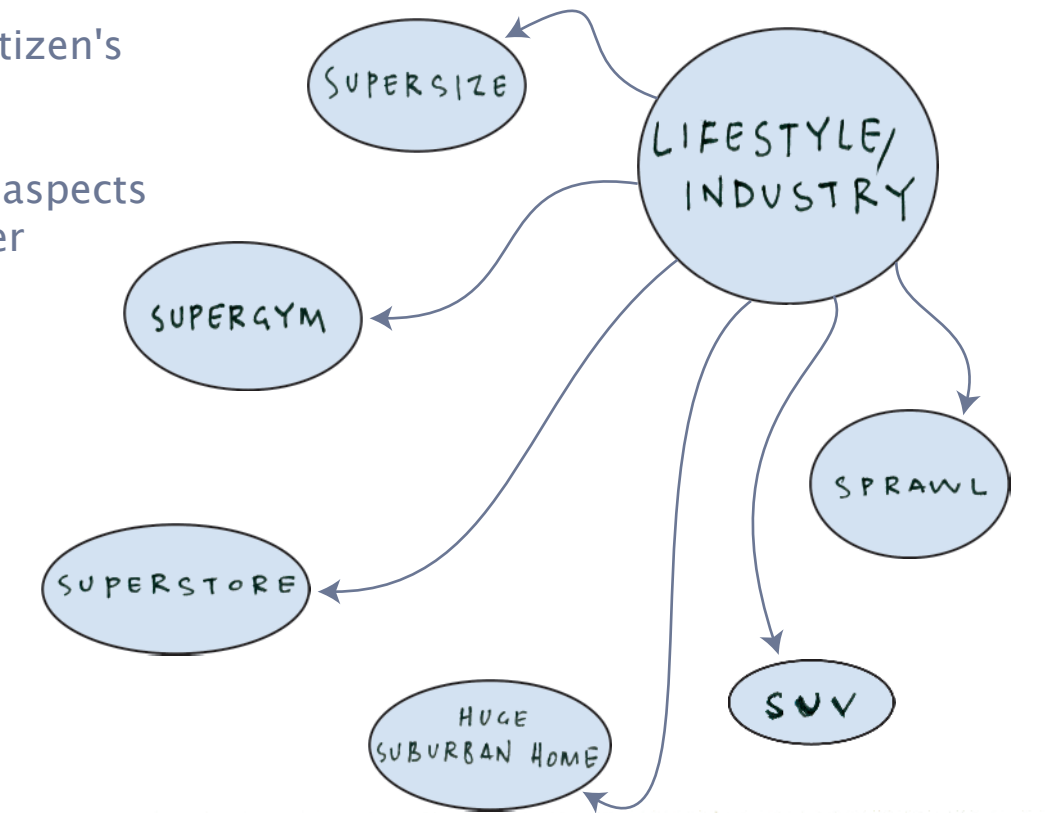


The gym/exercise industry of the United States is only possible within a culture of excess. Food is commonly consumed beyond the necessary caloric demand of the average U.S. citizen's daily routine. Driven by this over-consumption a need to erase/dissolve/burn excess calories develops, along with an industry to support this.

Consumption industries encourage and promote the individual's over-consumption of resources, not only with the expanding portion size of food servings but throughout many aspects of lifestyle. This is all developed and encouraged even with the knowledge of finite supplies of natural resources and the impending crisis that will necessarily result from an ever increasing global demand paired with a limited possibility for sustained production and supply.

As an exercise of observation and contemplation of a question posed, a stationary bicycle will be used to generate electrical energy – the caloric output of the user's activity will be translated into electrical power. This same energy will be used directly to provide the necessities for growth of a small tomato garden. This system takes full-circle the expenditure of energy, transferring the excess potential energy from over-consumption into the energy needed for the production and growth of food.



The rear wheel output of a bicycle (converted 10-speed) is used to drive a horizontal flywheel. The flywheel's energy is converted to electrical and the output travels to a battery for storage. This energy is used to power grow lights, a watering/feeding apparatus and a monitoring system, supplying the physical requirements to grow this small garden of tomatoes.