Minimum Arc Length Challenge

Give an example of a continuous function f that satisfies three conditions:

- (1) $f(x) \ge 0$ on the interval $0 \le x \le 1$;
- (2) f(0) = 0 and f(1) = 0;

(3)
$$\int_0^1 f(x) dx = 1$$

Compute the arc length, L, for the function f (on [0,1]). The goal is to minimize L given the three conditions above.

You may use https://www.wolframalpha.com/ to compute your integrals and arc length to speed things up. Check the following links for examples for syntax:

 $\label{lem:https://www.wolframalpha.com/input/?i=integral+of+%28-12%2F5%29%28x%5E3%2Bx%5E2-2x%29+from+x+%3D+0+to+1$

 $\label{lem:https://www.wolframalpha.com/input/?i=arclength+of+%28%28-12%2F5%29%28x%5E3%2Bx%5E2-2x%29%29+from+0+to+1$

The above example of $f(x) = \left(-\frac{12}{5}\right)(x^3 + x^2 - 2x)$ has an arc length of $L \approx 3.27402...$ You must do better!