

# Fit for Green: The Social Green-Workout

## RECLAIM POWER

Earn power reclamation credit when working out on a Fit for Green in-gym or in-home system and use credits to offset carbon footprint.

## MEASURE POWER

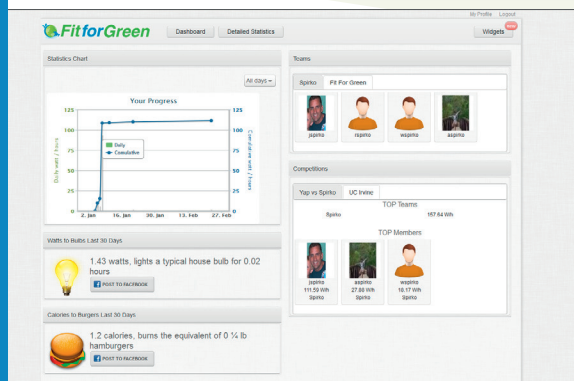
Earn workout credit by logging a workout into the Fit for Green system and use these credits to show the potential for offsetting power consumption through exercise.

## UNDERSTAND POWER

Associate energy consumption information from your home with your power reclaimed and generated during workouts.

## COMPARE POWER

Social media application allows users to engage in friendly competition by comparing their power output with peers and friends.



Fit for Green mobile and social media applications focus on two issues, that when left unchecked, will hamper the prosperity of the United States of America's next generation.

**1:** Obesity-related illnesses will cost citizens an additional \$500B in tax revenue between now and 2030.

**2:** Greenhouse gas issues have the US on a path to catastrophic environmental change by 2050. We believe that, especially for people under 30 in the United States, the time to address these issues is now. Fit for Green focuses on the reduction of power consumption in the home and the increasing of physical activity. Our goal is to make the United States more Fit and more Green.

*Fit for Green applications bring greenhouse gas and obesity issues front & center while enabling the public to be part of the solution.*

Fit for Green will increase understanding of health and green initiatives, and provide users an outlet to take action. As people exercise and generate power, it will not only be about creating enough energy to light a bulb or charge an iPod, but will also be about developing a respect for energy as you're hit by the realization of how difficult it is to create it. Just imagine seeing 150 watt-hours generated after a grueling one hour cardio workout.

Next, relate that work you did to something real such as: "I can light a 75 watt bulb for two hours". Finally, take the work you did and realize that each time you leave that 75 watt bulb burning needlessly the same burden is put on your planet, mostly by burning coal.

## PERQUISITES

***Fit for Green must be installed with one of the following green-gym systems:***

Certified Systems:

**ReRev**

<http://www.rerev.com>

**The Green Revolution**

<http://egreenrevolution.com>

Systems Pending Certification  
(call for status):

**SportsArt**

<http://www.sportsartamerica.com>

**PlugOut Fitness**

<http://www.plugoutfitness.com>



## TECHNICAL SUPPORT

The kiosk is accessible remotely and technical support, including remote upgrades, is included with the Fit for Green package.

## ZERO DOWNTIME

Kiosks are constantly monitored to insure they are collecting data and that they have connectivity to the internet for login validation and record uploading.

## SOLUTIONS

Fit for Green Software (see screenshots right-bottom) – Included with each kiosk, features monitoring screens, login features, and connectivity with the central Fit for Green database via the internet. Monitoring screens are shown on the kiosk monitor or on an external HDMI ready monitor.

For more information on any of our products or services please visit us on the Web at:  
[www.fitforgreen.com](http://www.fitforgreen.com)



# Monitor Features and Components

Registration & Login Kiosk (Left) –

This kiosk features a 17 inch monitor, standard keyboard, standard Mouse, Internal Computer running Windows 7 and an optional upper monitor screen.

Smart Combiner (top right) – This is where the individual string measurements are made.

Strings from each machine must go into this component. One combined string comes out and goes to the inverter. This component must also connect to the computer in the Registration & Login Kiosk. It can also be housed inside the Registration & Login Kiosk.

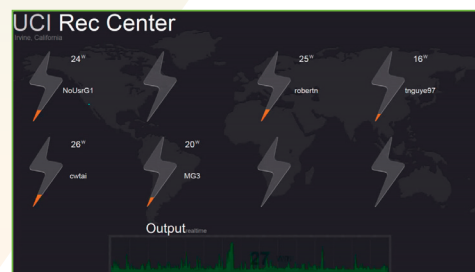
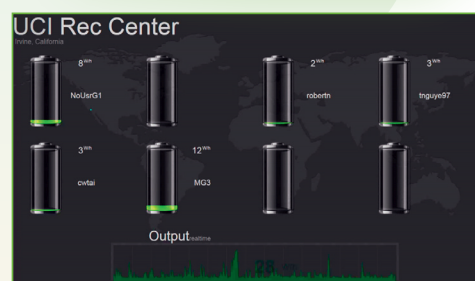
Monitoring Output Screen (see screenshots right-bottom) – This component is used to show real-time output of all the machines along with the user that is logged in to the machine at the time.

## SERVICES AVAILABLE

- ▶ Technical Support
- ▶ Installation and Setup Assistance
- ▶ Scheduled Maintenance
- ▶ Application Support
- ▶ Hardware Support
- ▶ Warranty Repair

# System Requirements

- Independent strings carrying DC voltage must be run from all of the green-gym equipment into a Fit for Green smart combiner
- Kiosk requires 110 VAC 15A or 20A circuit
- Kiosk requires wired or wireless internet access



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