If you take a moment to look at your surroundings, you’ll notice that everything is vibrating at different frequencies. The energy is constantly flowing and changing around us. It is part of the ebb and flow of the energy defined by the environment. Our interactions with them help shape our environment and influence our lives.

In today’s urban environment, people live chaotic lives, and living in cities can be draining. The city’s fast pace together with its physical and visual pollution can drain our mental energy. As a result, our minds can become worn down and depleted, and our bodies feel the effects of our reduced vitality.

How can we design something both inviting and refreshing that recharges our mind and body while also generating power?

Exercise helps to recharge a tired mind through the release of feel-good hormones in your body called endorphins and dopamine. A twenty-minute walk when you feel depleted can help you recharge a mentally drained brain.

With every step a person takes, potential energy is transferred into the ground in the form of impact force, vibrations, and sound. Relatively speaking, this wasted energy can be harnessed and transformed into more beneficial outputs; ideally, each step can be converted into electrical energy.

We propose to focus our design on teaching the user about the importance of harnessing their mental energy through an invitation for a low-paced physical exercise. In return, the design will transform our physical activity into electricity.

"In Australia, when the rainbow is seen in the sky, it is believed to be the Rainbow-Serpent moving from one water-hole to another. The Aborigines believe that staying near to the edge of the water-hole can recharge your energy and make you feel 'full of power.'"

Aboriginal belief