

In recent years, the rate of sedentary lifestyle is progressively increasing in adults and, one of the main causes of this problem, as a substantial number of studies show, is the lack of time. To combat this social problem, in this project the following two solutions will be implemented.

On one hand, for short journeys like underground or bus, it has been thought to implement pedals under certain sites for their use. In this way, people would have time to do exercise while they are going or coming from their job. These pedals would have different adjustments depending on the height of people. Besides, with the movement of the pedals, dynamic energy is created, using a dynamo, this energy will be passed to electrical energy. Therefore, people will have the chance to charge the mobile phone while they are doing sport.

On the other hand, the second solution, focused on longer journeys, would be to implement a special carriage with different sport machines, for instance, static bicycles, arms machines, and more. This carriage will have a bathroom inside with two showers implemented, in this way people will be able to do exercise, take a shower and go back to their site.

Additionally, it is important to mention that after a survey done to more than 100 people, the 60% said that they would use the pedals for their journeys.

Moreover, for the correct development of this project, it has had to contact several companies, above all, CAF and Euskotren, to present the project to them all. It should be noted that today we are still in contact with these companies with the intention of advancing in the development of the project.

To conclude, and looking to the future, the ideal situation would be to have the possibility of accessing all the necessary data available today, as well as having tools to know the real cost that these ideas would entail. Consequently, it would be able to officially present the project to a company with the intention that with their collaboration, it can be truly implemented in our lifestyle.

Here you have some pictures of the pedals:

