Charge Your Phone by Moving Your Body

We're constantly being told to get off our laptops and phones and head outside to get some exercise, but why not get the best of both worlds — channel your body power for mobile power.

The nPower PEG [1](Personal Energy Generator) turns your personal kinetic energy into electrical charges to keep devices fully juiced up. The more energy you create, the more you push into your phone. It's the ultimate symbiotic relationship.

The device contains a weight, springs, and inductive coil that stores power in the internal battery with each movement you make. But you have to be a serious mover and shaker to get your cellphone or iPod to power up. One minute of walking will get you enough power for one minute of listening on an iPod Nano. It takes 26 minutes of walking for one minute of talk time on a 3G iPhone [2].

Though the concept of body power recycled into tech power seems like an alluring concept, it's still an expensive one. A nPower PEG will run you $200.

Watch the video [3]to see how the charger works.

What other ways do you wish tech could literally connect with our bodies?

Read More [3]

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[1] http://www.npowerpeg.com/
[2] http://mashable.com/follow/topics/iphone/
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