

Floating gym uses pedal power to move boat



Sightseers working up a sweat on the Paris Navigating Gym will cruise up and down the River Seine taking in some of the city's most famous monuments. Designed by Italian company [Carlo Ratti Associati](#), the gym will power the boat. The workout bikes will harness the energy of the cycling passengers, and smart screens integrated into the windows will show how much power is being produced, as well as local environmental information about the river.

The gym boat is currently in development. When complete, it will have 45 workout stations and a clear glass ceiling and sides. The ceiling will be retractable for the summer months, and when the boat is not in use as a gym, it can be hired out for events. Should the power generated by the workouts not be enough to move the boat, solar panels will make up the difference.

Finding ways to make exercise fun, or at least multi-task, is a constant goal for trainers and trainees alike. In London, commuters can make their travel time work harder by taking the [mobile spin class bus](#). And helping to keep kids active is [a tablet that integrates trampolining](#) into the online games. How else could creative approaches help make fitness more enjoyable?

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