Radiant energy kinetic or potential

Getty Images 1. I wish I wasn't so tired. It's hard to believe if you're reaching the remote after a tiring day, but exercise will actually energize you. All you have to do is take that first step out of the door, says Professor of Motion Psychology John M. Noble, Ph.D., of the University of Nebraska in Omaha. Tell yourself you'll stop in 10 minutes if you really feel too exhausted to keep going. Chances are you'll keep going. And, you will start to notice results after just a few sessions. In a 2008 University of Georgia study of healthy but tired adults, exercising three times a week for six weeks significantly improved subjects' energy levels. And those who did low intensity exercise, such as walking, saw the most benefits. 2. I'm too busy. Drive to the gym, change your clothes, practice, shower, drive home... Who has the time? Challenge the idea that you should exercise in a gym, says Felicia Stoler, doctor of clinical nutrition. Start with 15-minute chunks - for example, a dumbbell session for breakfast, a lunch walk and a neighborhood round after dinner with the family. These will add up - and show that if you commit to being fit, you'll find time. 3. I don't feel comfortable with strangers. If the prospect of complicated workouts makes you anxious, rethink your plan, says Texas Tech University sports and exercise psychology professor Marc Lochbaum, Ph.D. His three-pronged approach: familiar movements (walking, crunches, or even aerobics videos), a friendly environment (in your home or neighborhood), and your most non-judgmental girlfriend to work out with. Later, if you want to conquer the gym, try a community center or Y, says nutrition and fitness expert Pamela M. Peeke, MD They're less likely to have that 'gym-rat' feeling. Start with one device and work from there. 4. It's just not fun. You may underestimate how much you will enjoy physical activity. Researchers at the University of British Columbia found that when people think about exercising, they tend to focus on the (generally unpleasant) first few minutes - and thus anxiety begin. But after an hour of training, the participants rate it positively. So, find a happier way to warm up, like starting your playlist with your favorite songs, suggests lead author Matthew B. Ruby. And think about fun moves that will come, as well as how good you feel after a session. UP NEXT: The ultimate list of reasons why you should practice » This content is created and maintained by a third party and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io take a look at these maps: They show the energy potential of every state in the country. The good news is that everywhere resources exploit it, whether it's solar power in the Southwest, onshore wind in the Midwest, or offshore wind on the East Coast. The data were national renewable energy laboratory, part of the U.S. Department of Energy. In total, the U.S. has 481,800 terawatt hours of annual generating potential, or 212,224 gigawatts of capacity over wind, solar, biocurrent, geothermal and hydropower. If you don't know your gigawatt, that's more than enough to go around, in other words, although questions about transmission mean that solar power in the Southwest can't help people who need more power in the Midwest.A few states stand out. Hawaii has the highest offshore wind potential (17% of the national total). Alaska and the Northwest enjoy 27% of the feasible hydropower. Texas has the biggest opportunities in plant-scale photovoltaic energy, with California not far behind. The Rocky Mountain states have the best geothermal potential. It's important to note that the NREL uses a broad definition of potential, though. The maps are based on what is technically available, given the assumptions about technology, land use and environmental constraints. They do not take into account future economic and market conditions, which are clearly major caveats. In a few years, we won't be able to afford a wind turbine. NREL also had to normalize a lot of data from different sources, inevitably drawing random lines here and there. Still, as co-author Anthony Lopez says, the maps give a sense of scale regarding the potential for renewables, and what technologies are worth exploring. It seems that every state has something to work with. Erik (HASH) Hersman/CC-BY 2.0 Potential energy is the stored energy of an object that has the potential to switch to another form of energy to do work. The types of potential energy are gravitation, elastic, chemical, electrical and nuclear. Gravitation potential energy is the energy stored in an object by virtue of the height above the ground. This energy is the result of the attractive gravity between the object and the Earth. The higher an object is placed, the higher the gravitational potential energy. This energy is converted into kinetic energy when the object falls to the ground. Elastic potential energy is the energy stored in elastic objects by stretching or compressing them. The amount of potential energy in an elastic material depends on how much the material is stretched or compressed and the elasticity of the material. Chemical potential energy is the energy stored in chemicals, which can be released to do work. Food contains chemical potential energy, which allows more work to be done when consumed and degraded organisms. Electrical potential energy occurs when two charges are close enough together to either a or exercise repugnant power. For example, when two positive charges are brought close together, a repugnant force pushes them apart. But when the two charges are forced to move closer together, they develop an electrical potential energy that is changed to work when the costs are released. The closer the cost to each each the higher the potential energy between them. Nuclear energy is the energy stored in the nucleus of an atom, which can be released when the nucleus is split into a nuclear reaction. So what is kinetic energy? There is movement everywhere in our world. What if we could harness the energy that would otherwise be wasted on powering our gadgets and generating clean electricity? Is it too good to be true? We've written a lot of articles about various things that do that, from small gadgets to big infrastructure, but we've never really looked at the field as a whole, with an explanation of how it works and an overview of the cons and cons of trying to harness kinetic energy. So first: Kinetic energy is the energy of movement. Accelerating an object from a resting position to a certain speed takes energy, and the object insists that energy does not change as long as the speed changes. When the object slows down, that energy from its motion can be transferred in different ways. When we talk about a brake pad on a bicycle wheel, the movement of the wheels is gradually stopped with friction, and the kinetic energy is converted into heat, which in this case does nothing useful. But there are ways to harness kinetic energy to either generate useful mechanical work or electricity. This is what many have tried to do to use energy that would otherwise be wasted. One way to harness kinetic energy that has surfaced many times in recent years has to do with roads and speed bumps. The latter makes sense, because you want vehicles to slow down when they drive over speed bumps, but otherwise, if it's just on a normal part of the road, it's literally highway robbery. © courtesy of New Energy Technologies Inc. Above is one of the speed bump kinetic generators. Olympic Delivery Authority/via The Kinetic Pavement above was installed for the London 2012 Olympics. © Empower Playgrounds Now that's a smart one! This merry-go-round produces electricity from children who play with it. It was installed in Ghana, where access to electricity is not always easy. Although the concept of harnessing mechanical energy that would otherwise be wasted to do useful work is very attractive in theory, in practice, we face major challenges. The biggest is that in physics, there is no such thing as a free lunch. If you get energy, you get it from somewhere. So if you generate electricity by running a car over something, you slow that car down compared to a perfectly flat and solid road, and so it means that the engine has to work a little harder. So unless you either only need so little energy that the energy source doesn't notice the difference, such as a self-winding/automatic watch (see below), or if you somehow only activate the kinetic system when you do want to get energy out of the system, such as at speed bumps (if you want people to slow down) and regenerative braking on hybrids, electric cars and some trains, you are you better using the money you would spend on the kinetic energy harness device and spending on solar panels. They will probably produce much more kWh of energy over time than even a well-positioned kinetic generator... Public domain/domain domain

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