

# Protect the Power Energy Fitness Challenge



U.S. Air Force  
MISSION ASSURANCE THROUGH  
**ENERGY**  
ASSURANCE



Imagine if we had to convert human mechanical energy into electrical energy to power the appliances, electronics, and vehicles we use today. How much energy could you generate and what would you use it for? During Energy Action Month, we challenge our Airmen to do just that during a 20-day Energy Fitness Challenge.



Every week during the month of October we will announce the energy usage of an appliance, convert the wattage to food calories, which we consume for human mechanical energy and ask you to burn that many calories before using that particular device. We hope it will allow you to not only think about how much energy you consume daily in the workplace and at home, but to find smarter ways to save every watt of electricity and gallon of gas we use to accomplish our mission.



If you want to tailor your program to your specific appliance usage, visit the websites below to determine your appliance usage and convert your wattage to food calories you can burn.



The Department of Energy's calculator estimates Appliance and Home Electronic Energy Use.

<http://energy.gov/energysaver/estimating-appliance-and-home-electronic-energy-use>

The U.S. Energy Information Administration provides a food energy conversion table in the link below that converts food calories into energy.

[http://www.eia.gov/energyexplained/index.cfm?page=about\\_energy\\_conversion\\_calculator](http://www.eia.gov/energyexplained/index.cfm?page=about_energy_conversion_calculator)



If you are really ambitious, see if the members of your unit can generate enough human mechanical energy to accomplish your mission.

Get the daily fitness announcements and announce your progress at:

<http://www.safie.hq.af.mil/Programs/Energy/Action-Month>

[www.facebook.com/AirForceEnergy](http://www.facebook.com/AirForceEnergy) • [www.twitter.com/AFEnergy](http://www.twitter.com/AFEnergy)



**Good luck as you Protect the Power...to fly, fight, and win!**