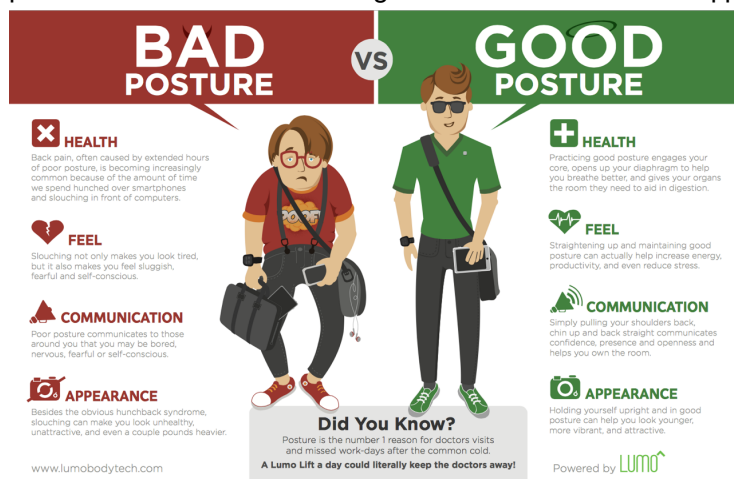


Assignment 1b – Project Proposal

Design Problem

Except for sleeping, people spend most of the time standing up such as walking and sitting on the chair. The accumulation of how one stands up has great impact on the future of the person. Posture is one of the biggest factors which affects various elements: health, mental, communication and outlook. Bad posture causes difficulty in respiration because there is smaller room for lung compared with that in good posture. Besides, bad posture imposes burden on spine and result in back pain. Not only physical problem, it brings mental problem. It is known that people with upright posture have more positive emotion than those with slumped posture [1]. Posture also affects impression from other people. People with good posture looks confident and energetic but those with bad one opposite. Because of these advantages,



people try to keep posture good. However, it is difficult to always have good posture as it is shown that nearly 90 percent of the United States' population lean forward with their neck [2]. This project is aimed at helping people to get the habit of keeping good posture and solve health problem and improve appearance.

Figure1: merits to be in good posture

Analysis

Many people have pursued the method of keeping good posture. But it is difficult for two ways: keeping good posture for a long time itself is difficult: not knowing what good posture is. To keep good



Figure2: Posture Corrector and LUMO

posture for a long time, people must keep in mind to be. It is impossible to be aware of the posture all the

time while walking, talking, doing reports and so on. Some products are invented to solve the problem by wearing posture corrector so that people can have good posture without thinking of it and wearing posture sensor, which tells you when you have bad posture. These are easy and natural method but impose people to attach the device. Another problem is that people don't know how to make good posture. There is an appropriate posture corresponding to each behavior and it is difficult to figure out all the postures such as driving. Also, people have wrong posture even if they are intended to be in a good posture.

Reference

[1]: Nair S et al. Do Slumped and Upright Postures Affect Stress Responses? A Randomized Trial. Health Psychol. 2015 Jun;34(6):632-41.

[2]: <http://www.goupstate.com/news/20100511/experts-say-posture-matters-the-good-and-the-bad>

Figure1: <https://www.lumobodytech.com/blog/good-posture-vs-bad-posture/>

Figure2: <https://www.amazon.com/PosturX-Personal-Posture-Corrector-Breathable/dp/B01A6WOAU2>

Figure3: <https://stacksocial.com/sales/the-lumoback-posture-sensor>