Article

A Smart System for Continuous Sitting Posture Monitoring and Assessment

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**Abstract:** Sample Content.

**Keywords:** sitting posture classification, smart-sensing chair, posture monitoring

1. Introduction

1.1 Background and Motivation

Improper sitting postures among individuals has been a prevalent issue. Over time, this has thereby led to the development of chronic health issues such as lower back pain and other musculoskeletal conditions. Hence, it is normally advised by doctors and healthcare professionals to consistently maintain an upright sitting posture. According to\_\_

1.2.Objectives of the Study

This study aims to develop a robust machine-leaning model capable of detecting different sitting postures as well as creating a comprehensive posture monitoring system that not only classifies different sitting postures, but also intelligently scores them. Additionally, the aim of this study is to also a real-time feedback system that will be designed to provide relevant statistical insights based on the posture dataset back to the end-user.

2. Literature Review

2.1 Existing Stdies on Posture Detection

- Research Gaps

2.2

Literature review content

3. Methodology

This section may be divided by subheadings. It should provide a concise and precise description of the experimental results, their interpretation, as well as the experimental conclusions that can be drawn.

3.1. Subsection

3.1.1. Subsubsection

Bulleted lists look like this:

* First bullet;
* Second bullet;
* Third bullet.

Numbered lists can be added as follows:

1. First item;
2. Second item;
3. Third item.

The text continues here.

3.2. Figures, Tables and Schemes

All figures and tables should be cited in the main text as Figure 1, Table 1, etc.

****

**Figure 1.** This is a figure. Schemes follow the same formatting.

**Table 1.** This is a table. Tables should be placed in the main text near to the first time they are cited.

|  |  |  |
| --- | --- | --- |
| **Title 1** | **Title 2** | **Title 3** |
| entry 1 | data | data |
| entry 2 | data | data 1 |

1 Tables may have a footer.

The text continues here (Figure 2 and Table 2).

|  |  |
| --- | --- |
| C:\Users\martin\Downloads\testFigure.tif | C:\Users\martin\Downloads\testFigure.tif |
| (**a**) | (**b**) |

**Figure 2.** This is a figure. Schemes follow another format. If there are multiple panels, they should be listed as: (**a**) Description of what is contained in the first panel; (**b**) Description of what is contained in the second panel. Figures should be placed in the main text near to the first time they are cited.

**Table 2.** This is a table. Tables should be placed in the main text near to the first time they are cited.

|  |  |  |  |
| --- | --- | --- | --- |
| **Title 1** | **Title 2** | **Title 3** | **Title 4** |
| entry 1 \* | data | data | data |
| data | data | data |
| data | data | data |
| entry 2 | data | data | data |
| data | data | data |
| entry 3 | data | data | data |
| data | data | data |
| data | data | data |
| data | data | data |
| entry 4 | data | data | data |
| data | data | data |

\* Tables may have a footer.

3.3. Formatting of Mathematical Components

This is example 1 of an equation:

|  |  |
| --- | --- |
| a = 1, | (1) |

the text following an equation need not be a new paragraph. Please punctuate equations as regular text.

This is example 2 of an equation:

|  |  |
| --- | --- |
| a = b + c + d + e + f + g + h + i + j + k + l + m + n + o + p + q + r + s + t + u + v + w + x + y + z | (2) |

the text following an equation need not be a new paragraph. Please punctuate equations as regular text.

Theorem-type environments (including propositions, lemmas, corollaries etc.) can be formatted as follows:

**Theorem 1.** Example text of a theorem. Theorems, propositions, lemmas, etc. should be numbered sequentially (i.e., Proposition 2 follows Theorem 1). Examples or Remarks use the same formatting, but should be numbered separately, so a document may contain Theorem 1, Remark 1 and Example 1.

The text continues here. Proofs must be formatted as follows:

**Proof of Theorem 1.** Text of the proof. Note that the phrase “of Theorem 1” is optional if it is clear which theorem is being referred to. Always finish a proof with the following symbol. □

The text continues here.

4. Discussion

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted.

5. Conclusions

This section is not mandatory but can be added to the manuscript if the discussion is unusually long or complex.

6. Patents

This section is not mandatory but may be added if there are patents resulting from the work reported in this manuscript.

**Supplementary Materials:** The following supporting information can be downloaded at: www.mdpi.com/xxx/s1, Figure S1: title; Table S1: title; Video S1: title.

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**Appendix A**

The appendix is an optional section that can contain details and data supplemental to the main text—for example, explanations of experimental details that would disrupt the flow of the main text but nonetheless remain crucial to understanding and reproducing the research shown; figures of replicates for experiments of which representative data is shown in the main text can be added here if brief, or as Supplementary data. Mathematical proofs of results not central to the paper can be added as an appendix.

**Appendix B**

All appendix sections must be cited in the main text. In the appendices, Figures, Tables, etc. should be labeled starting with “A”—e.g., Figure A1, Figure A2, etc.

References

References must be numbered in order of appearance in the text (including citations in tables and legends) and listed individually at the end of the manuscript. We recommend preparing the references with a bibliography software package, such as EndNote, ReferenceManager or Zotero to avoid typing mistakes and duplicated references. Include the digital object identifier (DOI) for all references where available.

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