



Ideas for **Running posture guide app**

Target Users



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People who can **run or walk**

Needs

from People who can **run or walk**



When people run or walk, **poor posture can put them at risk for various injuries and osteoporosis** if they become a habit for a long time.

So, people need an app that guides them to the correct posture.

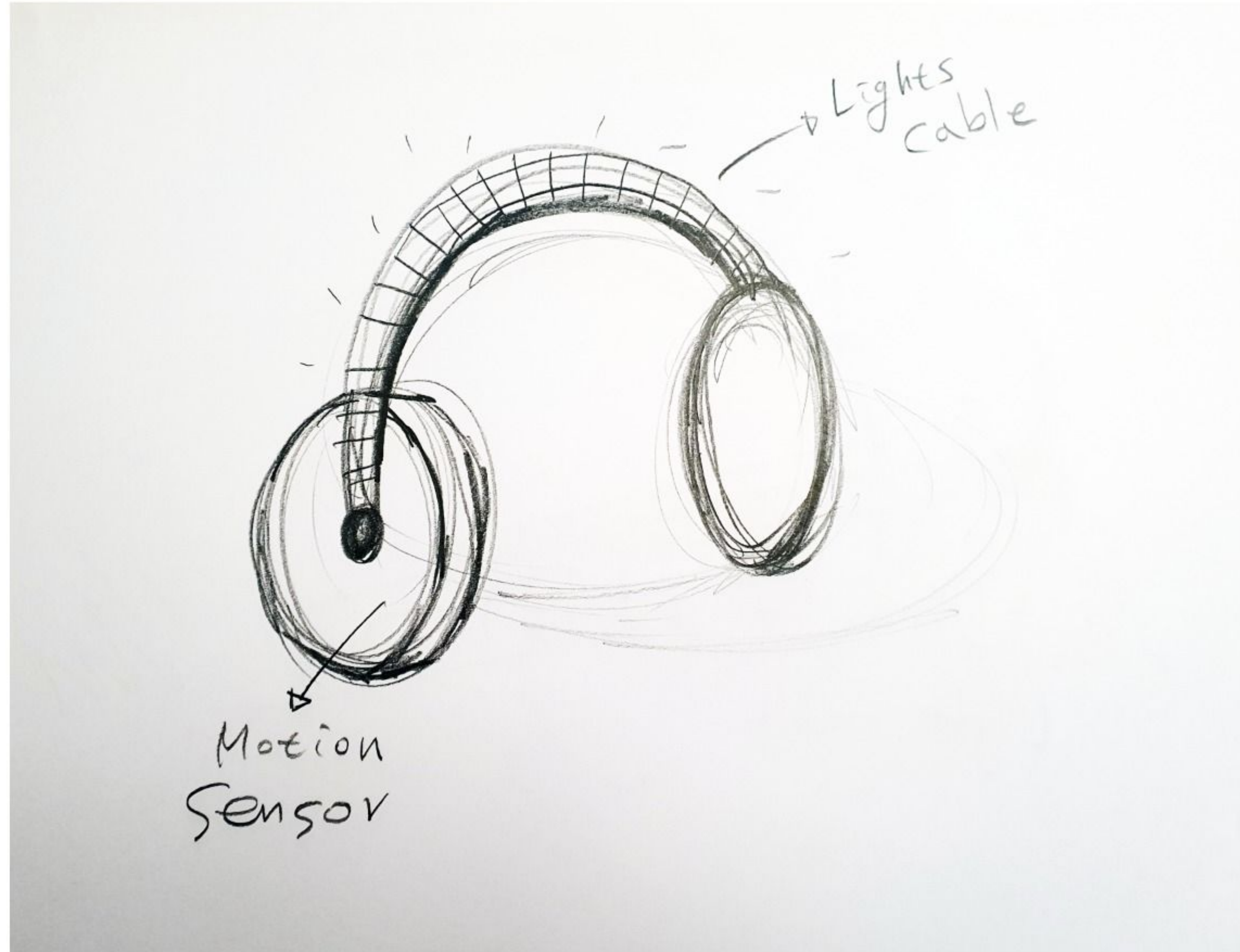
Idea 1



I want to create **a headphone with lights**
and guide the correct posture based on the position of the head.

**When a person is standing, a white light indicates correct posture,
and when the position changes, a red light turns on and off**
to guide incorrect posture on light cables or displays.

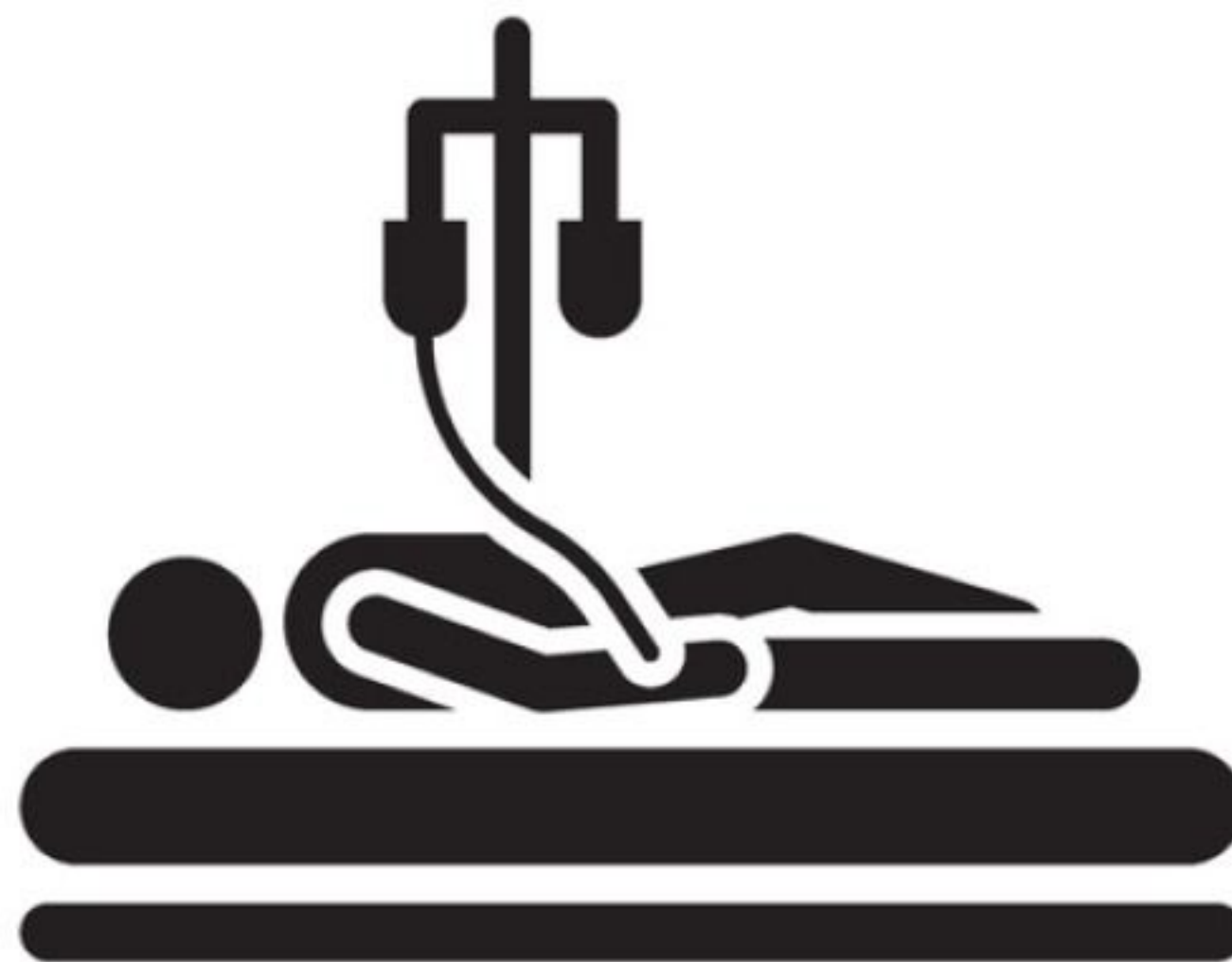
Sketches 1





Fall prevention guide app in hospital rooms

Target Users



The patients admitted to hospital room

Needs

from **the patients** admitted to hospital room



It is said that among hospitalized patients, there are many cases where unconscious patients, such as those suffering from dementia, are at risk of falling out of bed.

So, I think we need an app that notifies guardians or nurses with lights or sounds when their posture deviates from a certain position.

Idea 2



Place the motion sensor hairclip with the lights cable on the patient's hair, and when the location of the particular section of the head falling off the bed is indicated, a red light flashes up and down to alert the guardian of the danger.

Sketches 2



nurses' monitors

