# Ideas for
# **Running posture guide** app

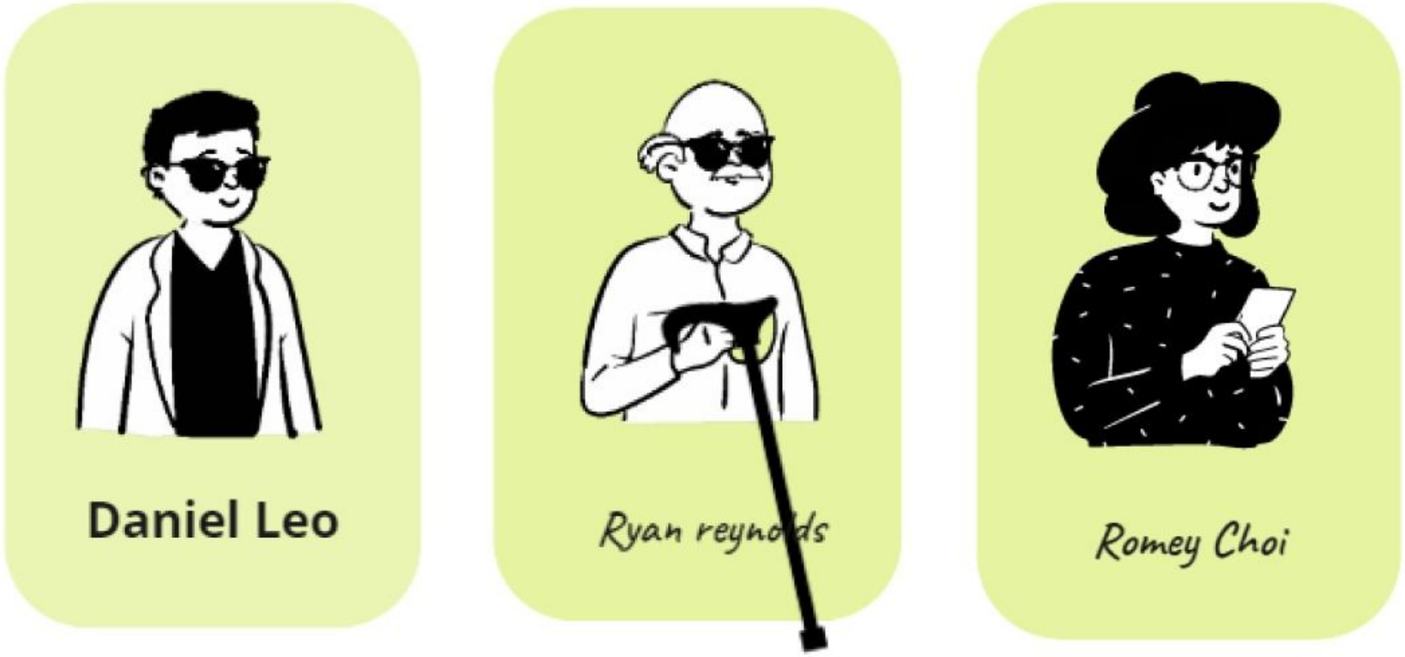
Ixd / Term 5 / **Romey** Choi

## 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.

# Target Users



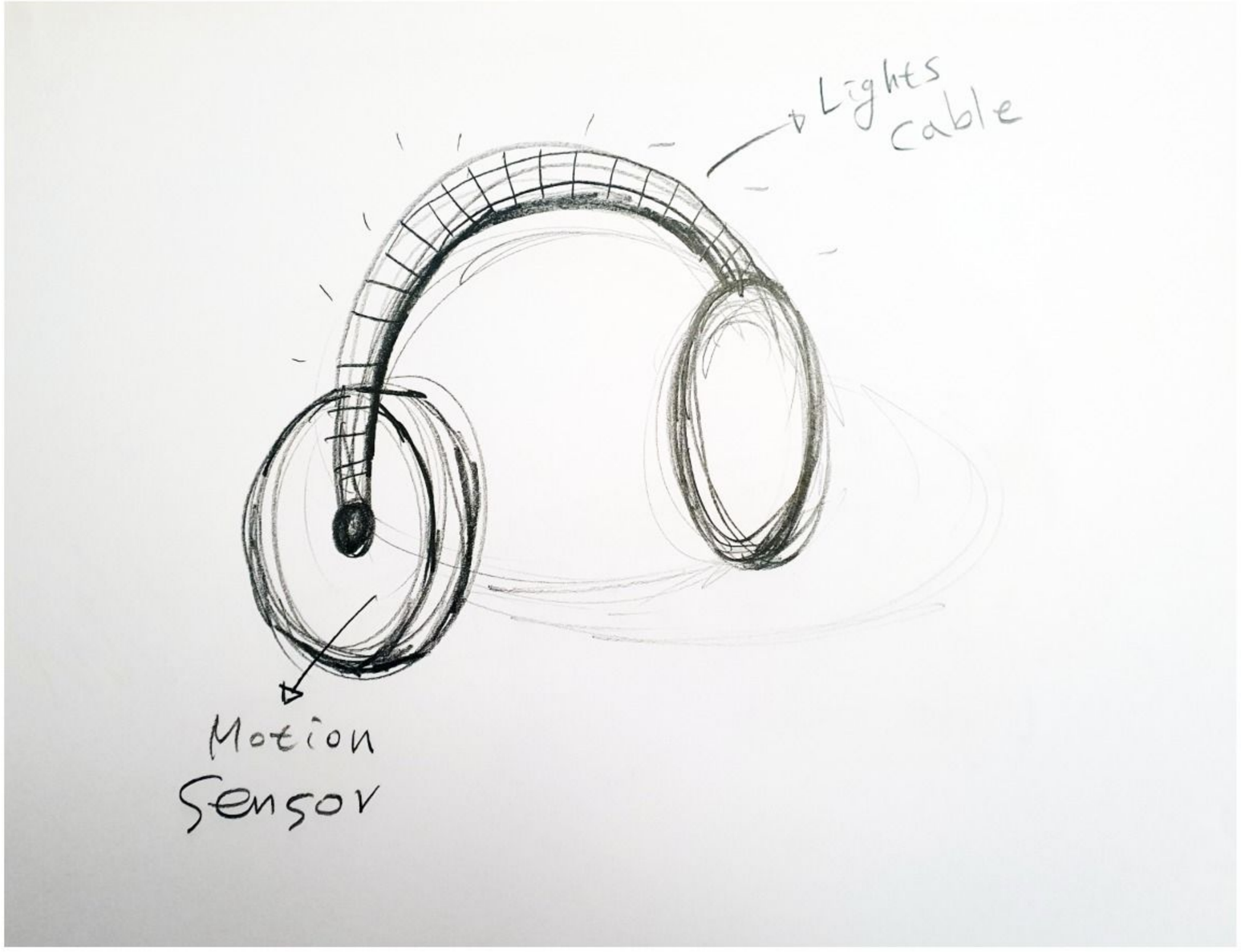

People who can **run or walk**

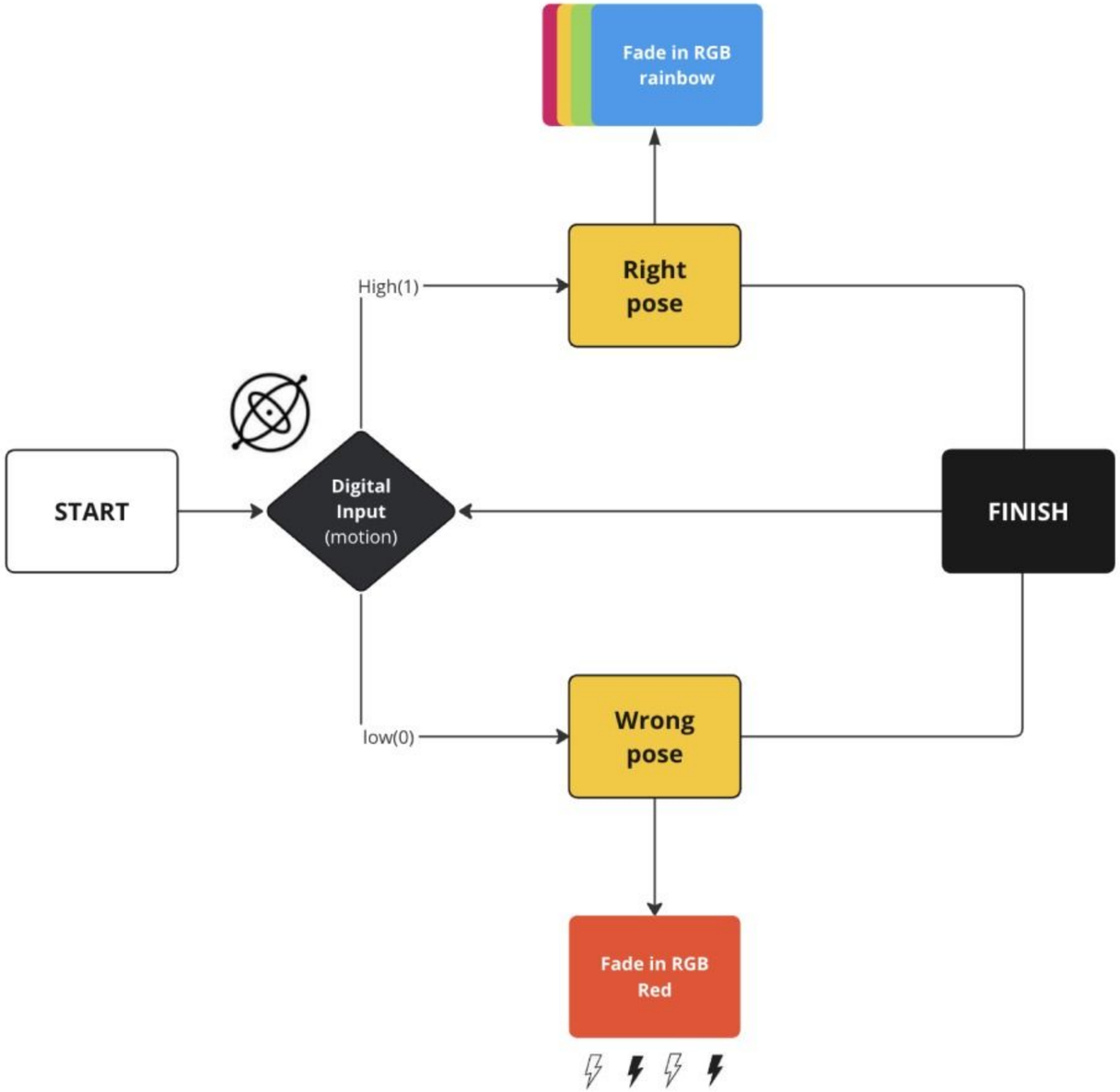
# Idea 1

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




Fade in RGB rainbow
Right pose
High(1)
START
Digital Input (motion)
FINISH
low(0)
Wrong pose
Fade in RGB Red

**AtomS3**
**(motion gyro sensor)**
**The text is displayed according to the user's posture.**

**My headphone**

**Digital RGB LED Strip**
**(rainbow and red colors)**
**Colors are displayed according to the user's posture.**

**Summary**

- This is a device mock-up that uses a motion gyro sensor to guide correct posture based on the head position near the left ear.

**How it works**

- When you have the right posture, the rainbow lights will twinkle and turn on.
  And if the head position is incorrect, the red light will blink and the Atom display will display 'Wrong'.
  Please refer to the coding file for more information