

DESKERCISE



Taken at 3AM

The Problem

**Long periods of sitting
down**

=

Stiffness and Fatigue

DESKERCISE

Office Workers



4-9 HOURS

<https://www.cchwy.org/news/2022/september/curse-of-the-office-chair-how-sedentary-work-lif/>

Teens



~8 HOURS

<https://coloradocommunitymedia.com/2019/04/24/increased-computer-use-tied-to-worsening-rates-of-sitting/>

College Students



~7.5 HOURS

https://sc.edu/about/offices_and_divisions/research/news_and_pubs/caravel/archive/2020_fall/2020_sedentarybehaviors.php



Spent Sitting Down

DESKERCISE



We can stretch!



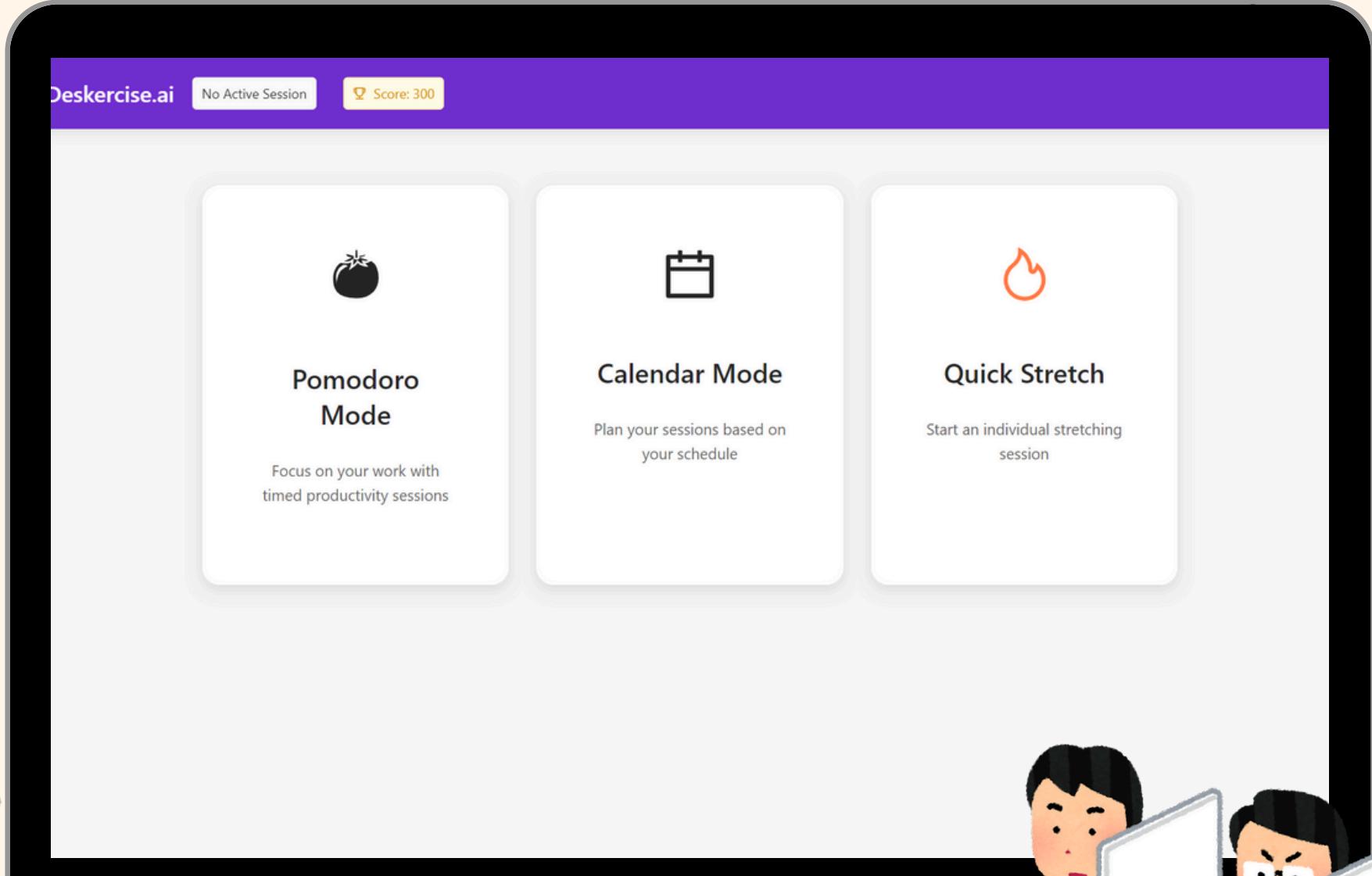
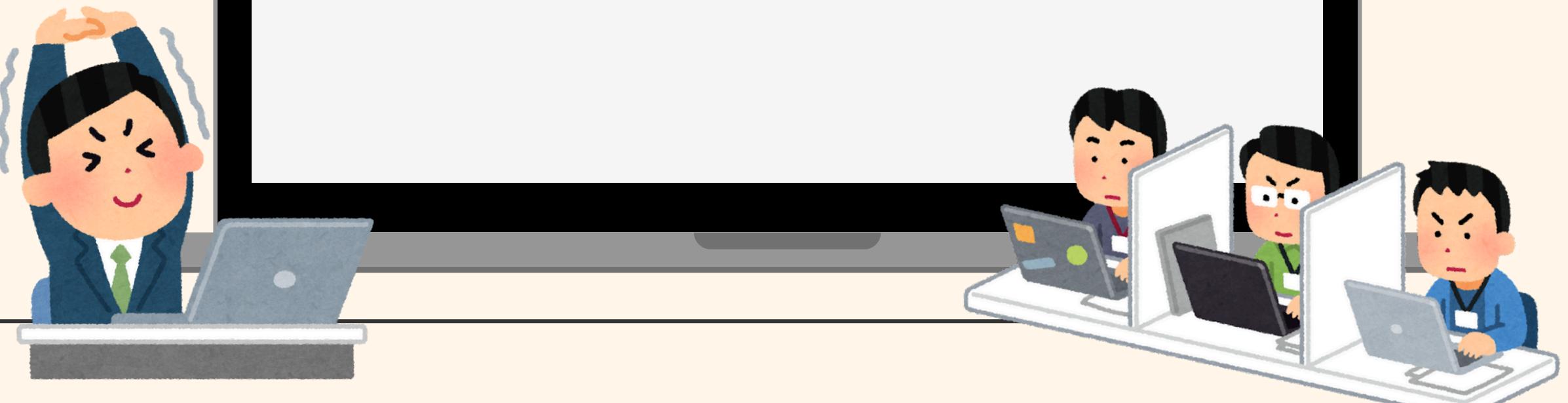
...But not everywhere

Introducing

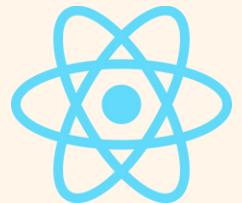
Deskercise

Your AI Powered Desk
Exercise Coach

Stretch Now!



BUILT WITH



ReactJS

Frontend Web Application

MediaPipe

Google Mediapipe

Realtime Pose Detection

Gemini

Gemini 2.5 Flash

Posture Interpreter
Stretch Break Recommender

VAPI

VAPI

Voice-guided Coach



Google Cloud

Calendar Integration

DESKERCISE



**Corporate Employee
Wellness Initiatives**



Call Centers



**Gaming
Communities**



Study Spaces



**Remote Workers/
Freelancers**



The Potential

B2B | B2C

DESKERCISE



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The Team

