Smart Chair

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***Abstract*** – **The project is a smart chair that encourages healthy habits in an office job. One of the many issues facing office workers is back pain caused by long periods of time sitting coupled with poor posture. The product includes an array of sensor that are located on the seat of the office chair and gather data on the user’s sitting trends. The smart chair monitors how long the user sits and reminds them to get up at a regular interval. The device also monitors the user’s posture and provide feedback. The smart chair pairs with an application on the user’s phone to provide feedback and reminders. The feedback comes from research related to common spine issues and simple techniques to provide relief.**

***Index Terms -* Important terms will go here**

### I. Introduction