

# Vitruvian

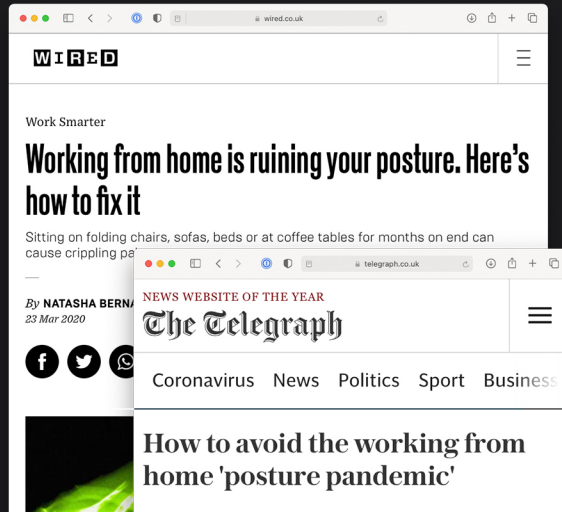
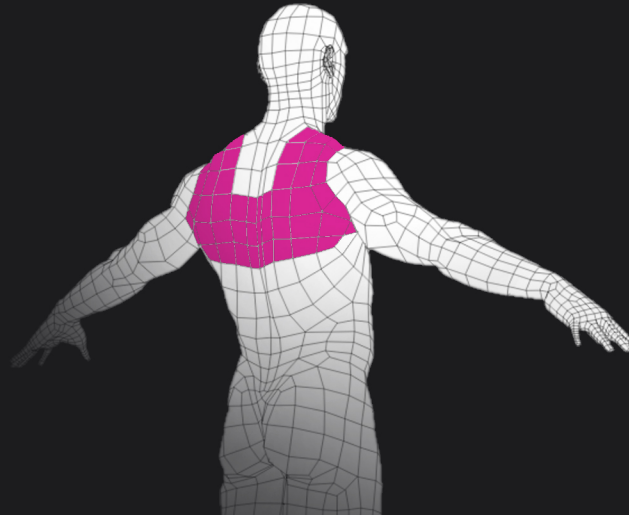
VITRUVIAN

**You're slouching!**

Sit up straight to prevent long term back pain.  
Maybe go for a walk in 30 mins?

## The Product

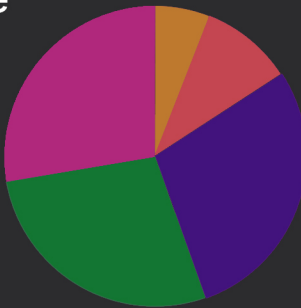
A self-contained device that improves physical health as a result of working from home due to the recent pandemic. It will measure back posture and sedentary inactivity and alert the user with tactile feedback.



## Working from home

When COVID-19 ends, where would you prefer to work?

- Full-time office
- Mostly office
- Equal mix
- Mostly remote
- Full-time remote



SOURCE: CBRE

## Health

SOURCES:  
acatoday.org  
healthline.com

Back pain accounts for more than 264 million lost work days in 1 year—that's two work days for every full-time worker in the USA.

**Good posture benefits:**

Fewer headaches

Increased energy

Increased lung capacity

Self-confidence

Better digestion

Reduced lower back pain

## Technology



Raspberry Pi Zero  
Battery powered,  
Bluetooth

Flex Sensor  
Measures stretching to  
determine arch in back



Existing posture  
monitoring  
research

SOURCE: arxiv.org