STRETCH-A-LITTLE

Take a break from your computer

By Team Bulls

Members –

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EXISTING PROBLEM

- In today's era, people are mostly stuck to computers for education, work, gaming or any other purposes

- Prolonged hours of sitting especially near a computer can lead to many health issues like muscle tension, reduced physical activity, etc.

- Many health trackers/reminders exist in the market, but they usually lack what the users want – customization, awareness, user-friendly interfaces (this is based on our user interviews)

- The current applications want the users to cater to its design rather than the application catering to the users needs

IMPORTANCE

- It is important to prompt the users to take breaks based on their preferences

- Prompting the users to take a break is essential to enhance the over-all health, well-being and productivity of people who regularly use the computers

- It is important to maintain a balance between screen time and physical activity by ultimately contributing to their overall mental and physical well-being

- It is also important that people stretch frequently to help improve their physical activity and stay fit
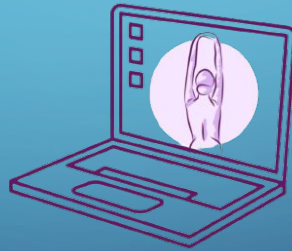
SOLUTION

- Our solution, Stretch-a-Little, includes what the users want and few other features we deemed would be necessary based on our research

- Our solution is a desktop application, as the users wanted to see prompts on the systems they are using rather than on an additional device

- The users will have to sign up, setup their custom settings (standing goals) to be notified. Once logged in, they will be receiving the notifications accordingly

- They also get to see some basic quick stretches to perform on the home screen

- They are also given an option to opt-in/out to see any articles related to stretches or health related articles

- Another unique feature in our application is to opt-in for voice prompts

- By including what the users want, we aim to achieve less user frustration and more health benefits to the users

END-USERS

- Our desktop application's target users are anyone with prolonged computer usage

- The end users are diverse and could include:

  - Office workers: Spend a significant time in office working on computers

  - Students: High school/college students involved in extensive computer-based education

  - Gamers: Who play video games for a prolonged time on computers

  - Remote workers/Freelancers: Who work from home and rely heavily on computers professionally

  - People with sedentary lifestyles: Spend a lot of time on computers for personal and leisure activities

PROTOTYPE

- We used FIGMA to come up with our high-fidelity protype

- We included the features the users would like to see in our prototype

- A glimpse on our application

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THANK YOU