This Sensor Can Save Your Posture

The product was designed in Palo Alto by three Stanford University graduates. Since their Kickstarter debut, they've raised $77K out of their $100K goal from 675+ backers.

Prolonged sitting makes you fat, sick and dead [1]. Slouching only makes things worse.

Since discovering why sitting too much is so dangerous [2], we've tried everything to up sit straight at work — ergonomic chairs and rolled up blankets for lumbar support — with little success. LUMOback [3] on Kickstarter [4] promises to be the simplest way to fix your posture.

LUMOback is a device that you wear around your waist. The sensor vibrates to alert you when you're slouching. LUMO can be worn while standing, sleeping, sitting or walking. The accompanying iPhone app tracks all your movements and progress in improving your posture. An avatar of the person wearing the LUMOback is displayed on the app's main screen. In real-time, the avatar guides you to the perfect stance. A happy green avatar means you've got it! Watch the video above for more.

The team is hopeful LUMOback will help 80% of people suffering from common back problems stand taller and feel better. Would you use this sharp-looking sensor iOS app combo?

Read More [5]

October 17, 2012

Source URL (retrieved on *04/19/2014 - 11:05am*):
http://www.wirelessdesignmag.com/news/2012/10/sensor-can-save-your-posture?qt-most_popular=0

Links:
[1] http://mashable.com/2012/03/02/work-death-infographic/
[2] http://mashable.com/2012/06/18/too-much-sitting/
[3] http://www.lumoback.com/
[4] http://www.kickstarter.com/projects/lumoback/lumoback-the-smart-posture-sensor
[5] http://mashable.com/2012/07/02/lumoback-sensor/