



# APP360

UP!

The app that encourages you to stand up



## What does it do?

- The app works in connection with a device that is attached to the bottom of a chair or bed, and monitors the amount of time spent sitting on it.
- It nudges the user every 30 minutes (or whatever time they choose to set) to stand up or move around a bit before continuing their work.
- It does this in two ways - the first by buzzing the chair, and the second by sending a notification to the phone.
- It also monitors how much time is spent sitting, so users can keep track of their habits.
- It provides tips and exercises that can be done at the desk - to help relieve pain or just move muscles.
- It has different tones (for push notifications)- users can set what they find the most effective to actually listen/do what the notification tells them to.



# Ideation + Research

- Most university students spend 8-10 hours sitting everyday, but it's not recommended to sit for more than 7.
- If a device that prodded you to get up after sitting for too long existed, students would find it useful.
- The app linked to it would have several functions - Reminds you to stand up, monitors amount of time spent sitting, and tries to get you to lessen the amount of time being sedentary.

# People

Foreign students living in the UK

# Activities

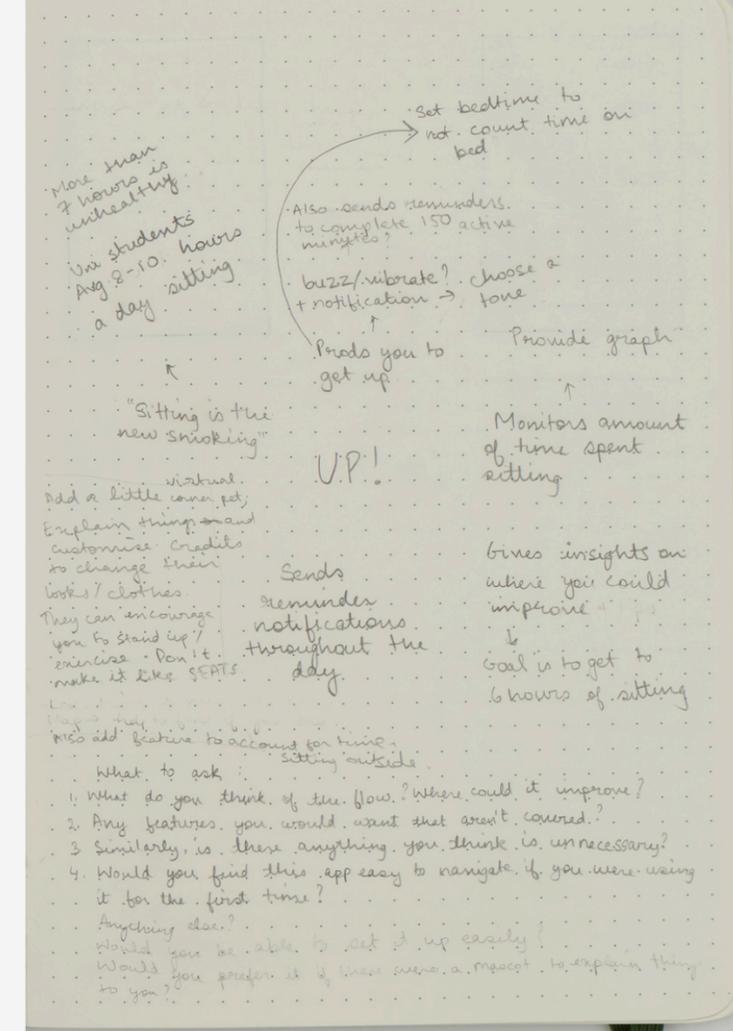
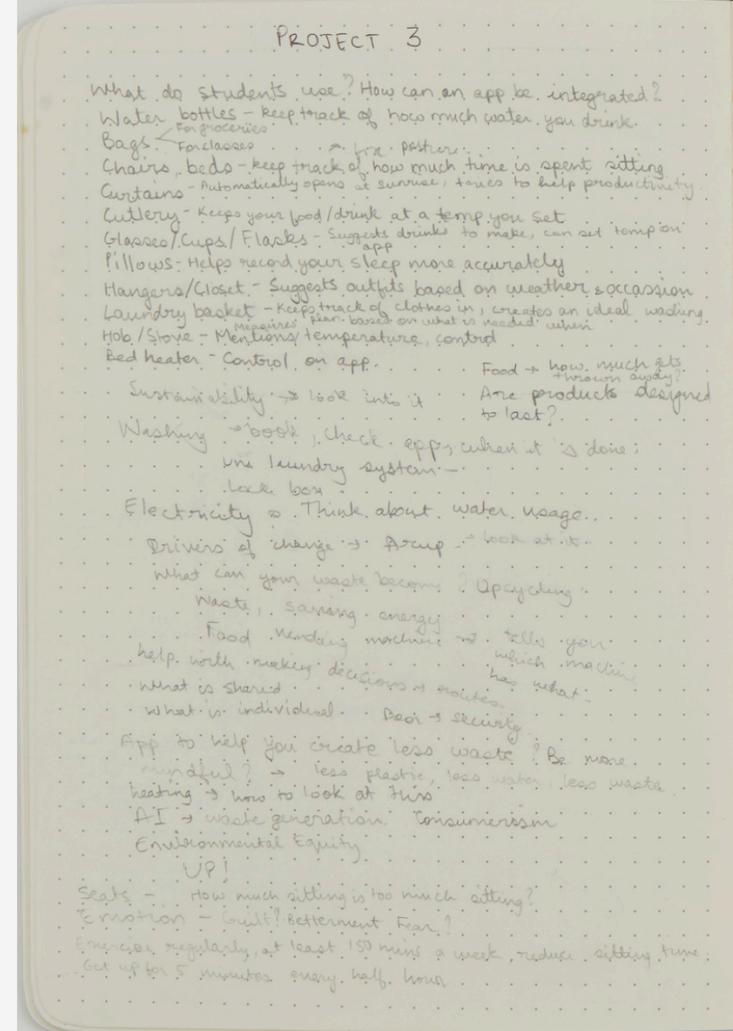
Monitor the amount of time spent being sedentary

# Context

While working on projects and assignments, during the breaks

# Technology

Small device to be attached below the chair/bed & mobile phone



## References:

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- LinkedIn (n.d.) What are the best tips for applying feedback from usability testing?. Available at: <https://www.linkedin.com/advice/3/what-best-tips-applying-feedback-from-usability> (Accessed: 7 January 2025).
- Medical Xpress (2024) How much sitting is ideal for optimal health?. Available at: <https://medicalxpress.com/news/2024-04-ideal-daily-optimal-health.html> (Accessed: 2 January 2025).
- NHS (n.d.) *Why sitting too much is bad for us*. Available at: <https://www.nhs.uk/live-well/exercise/why-sitting-too-much-is-bad-for-us/> (Accessed: 7 January 2025).
- Owen, N., Healy, G.N., Matthews, C.E., and Dunstan, D.W. (2010) 'Too much sitting: the population health science of sedentary behavior', *Exercise and Sport Sciences Reviews*, 38(3), pp. 105-113. doi: 10.1097/JES.0b013e3181e373a2. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3404815/> (Accessed: 2 January 2025).

# Ideation + Research

## User Persona

**Name:** Intira Kulap

**Age:** 22

**Nationality:** Thai

**Occupation:** Postgraduate student in Textile Design

**Location:** London, UK



**Education level:** Bachelor's degree, currently pursuing a Master's.

**Living situation:** University Halls.

**Lifestyle:** Balances full-time study with part-time work at a café.

### Pain Points:

- Experiences frequent neck and back pain from prolonged sitting.
- Feels overwhelmed trying to balance productivity with physical well-being.
- Finds it difficult to incorporate consistent breaks or exercise into a busy schedule.
- Misses the active lifestyle back home, where daily routines included walking or cycling.

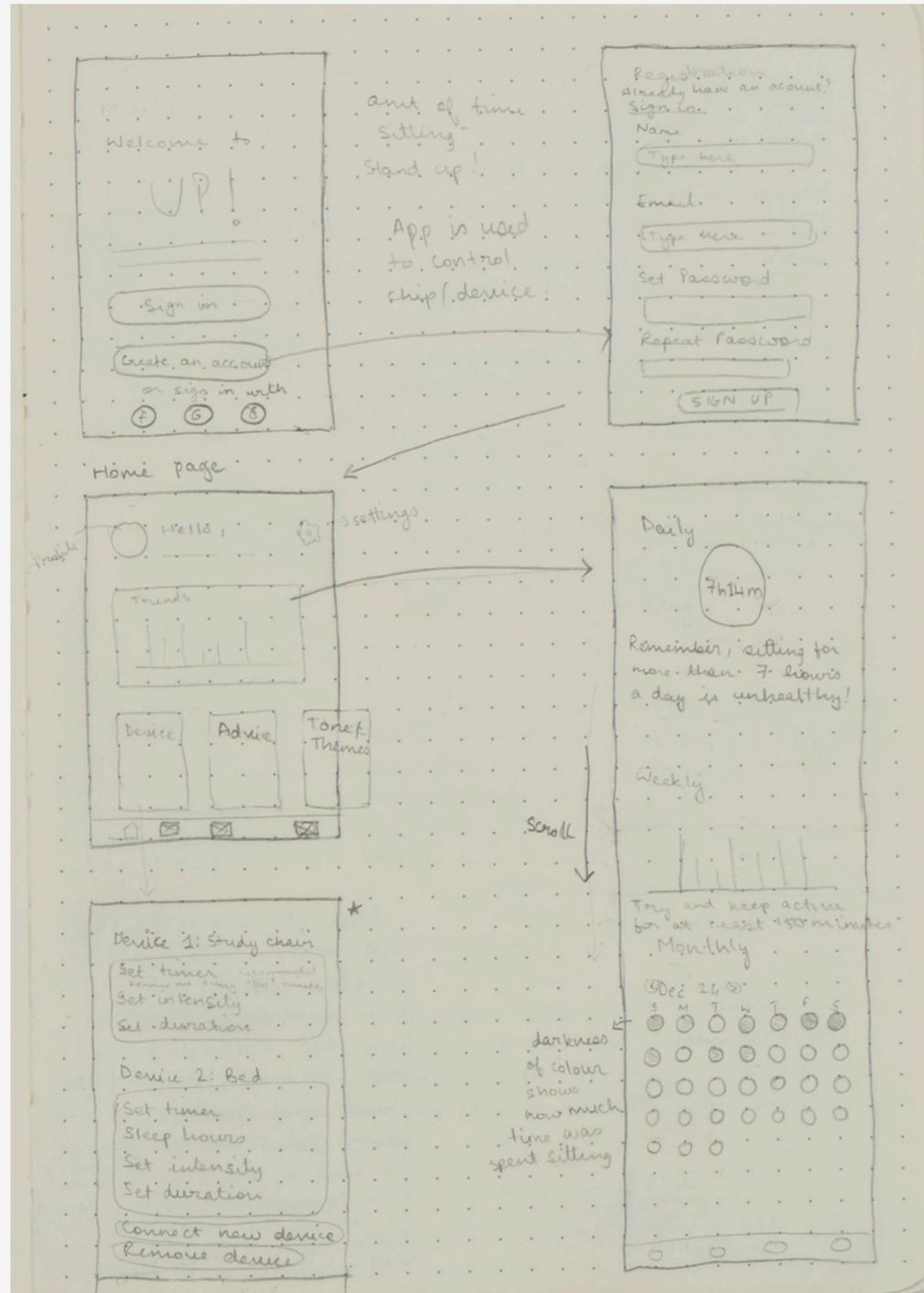
### Goals and Motivations:

- Wants to manage physical discomfort.
- Hopes to build healthier habits while adjusting to the academic demands of the UK education system.
- Seeks an easy, non-intrusive way to remind herself to take breaks.
- Values tools that foster self-discipline.

### Preferred App Features:

1. Reminders: Non-intrusive, customizable notifications to stand and stretch.
2. Progress Tracking: Visual data showing the reduction in sedentary behavior over time.
3. Tips & Guidance: Suggestions for quick exercises or stretches that can be done at a desk.

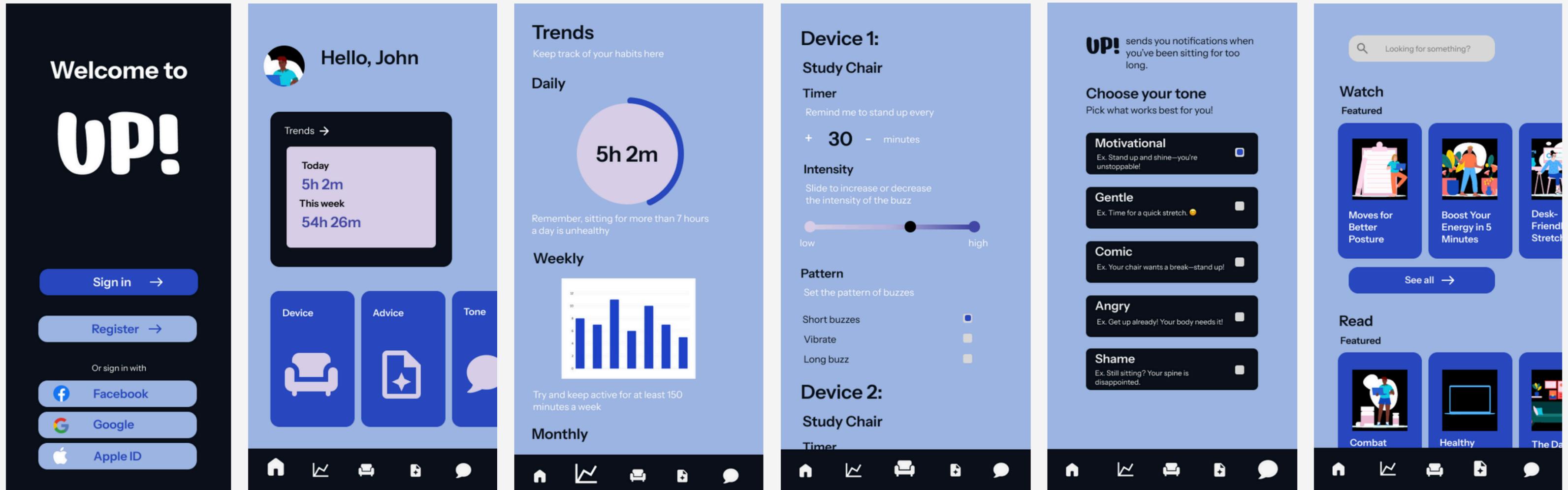
# Wireframes



## User feedback

- Add advice on health - link videos with quick simple exercises for the arms and neck.
- Add an alarm clock/ringer option for notifications.
- Remind you to drink water.
- Allow location access of the device in case you lose it - similar to the FindMy feature on iOS.
- Add navigation at the bottom instead of a return button on the top left of all pages.
- Add a rewards system - you get credits for listening to the app, which you can then use to customise a virtual pet.

# Mockup



Icons from [Iconify](#)

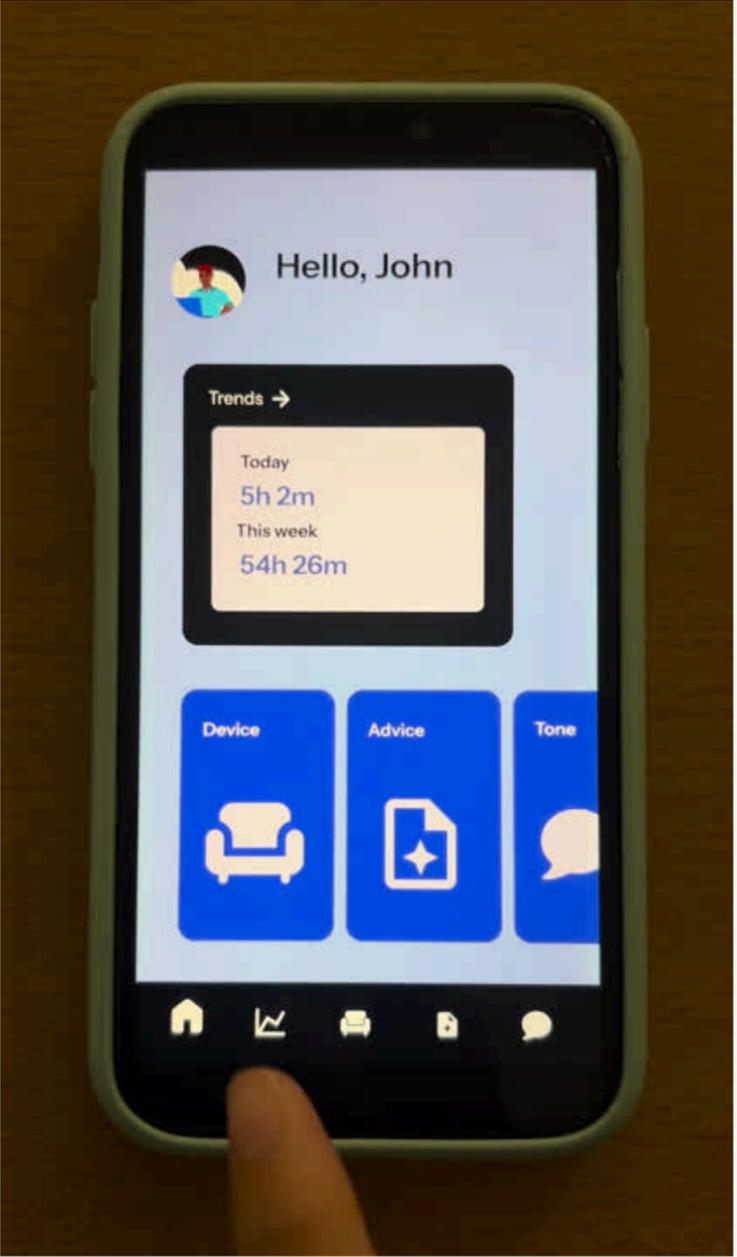
Images from the Advice Section from [Stuck at Home](#) by [Mariana Gonzalez Vega](#)

# Videos

User testing



Working model



## Future thoughts for improvement

For further refinement, the app would be more useful if it included these features:

- A ring or alarm button - for users that might not check their notifications
- Integrate it with smart watches - which will be more effective in collecting data and encouraging users to stand after sitting for a long period of time
- Make it so that's it's easy to remove and carry around - attach to any chairs people may use - they could take it from their room to the university.