



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

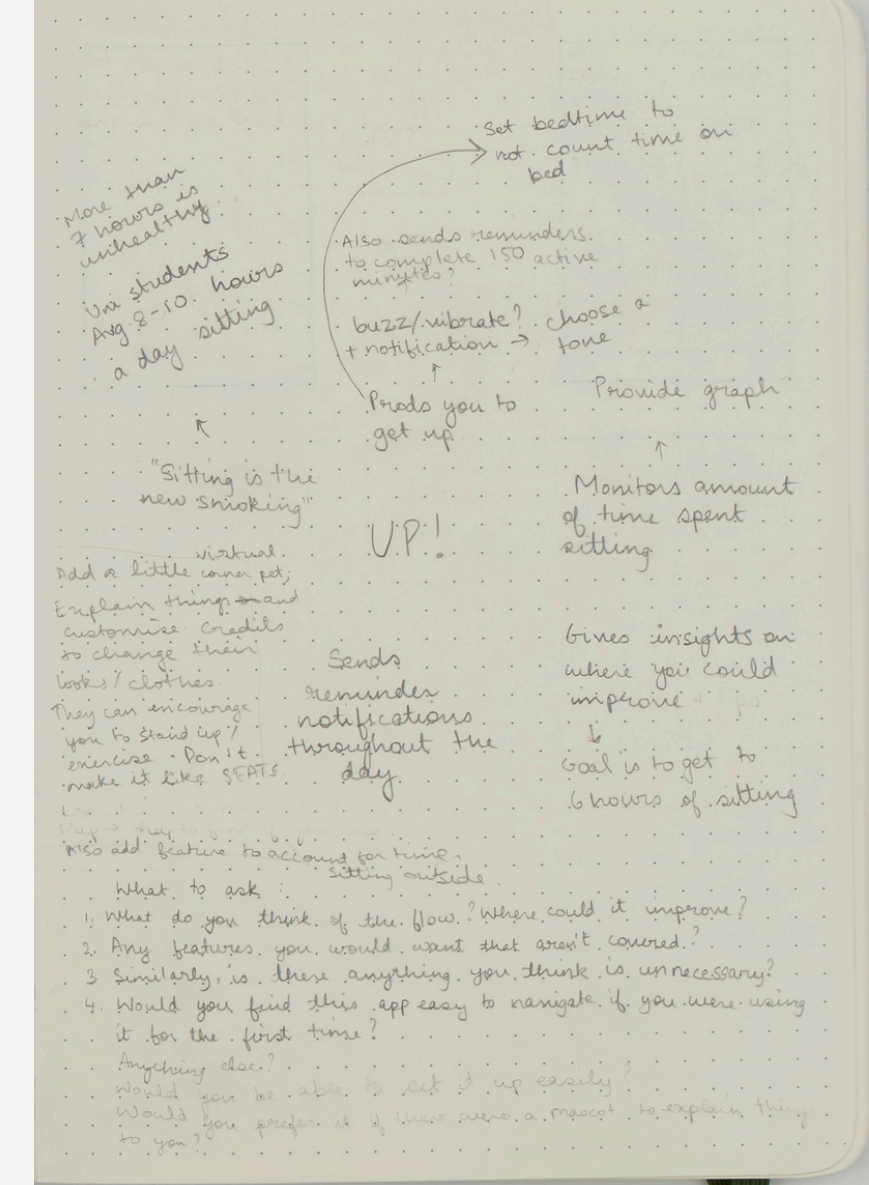
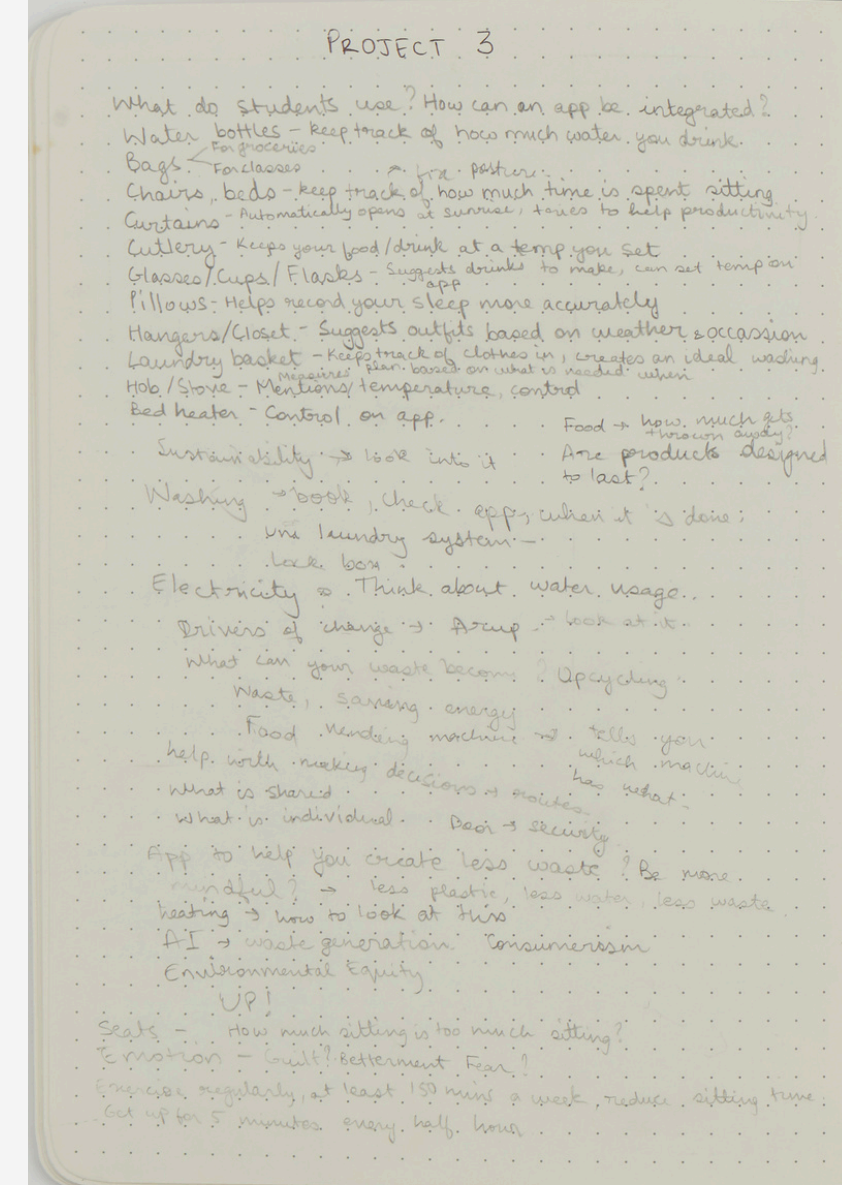
Monitor the amount of time spent being sedentary

Context

While working on projects and assignments, during the breaks

Technology

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



References:

- BMC Public Health (2024) *Optimal health and sedentary behaviour*. Available at: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-024-18107-7> (Accessed: 2 January 2025).
- British Heart Foundation (n.d.) *Sitting down: Why it's bad for your heart*. Available at: <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/sitting-down> (Accessed: 2 January 2025).
- Higher Education Policy Institute (2024) Weekend reading: Sedentary behaviour at university – a call to action. Available at: <https://www.hepi.ac.uk/2024/11/23/weekend-reading-sedentary-behaviour-at-university-a-call-to-action/> (Accessed: 2 January 2025).
- 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.

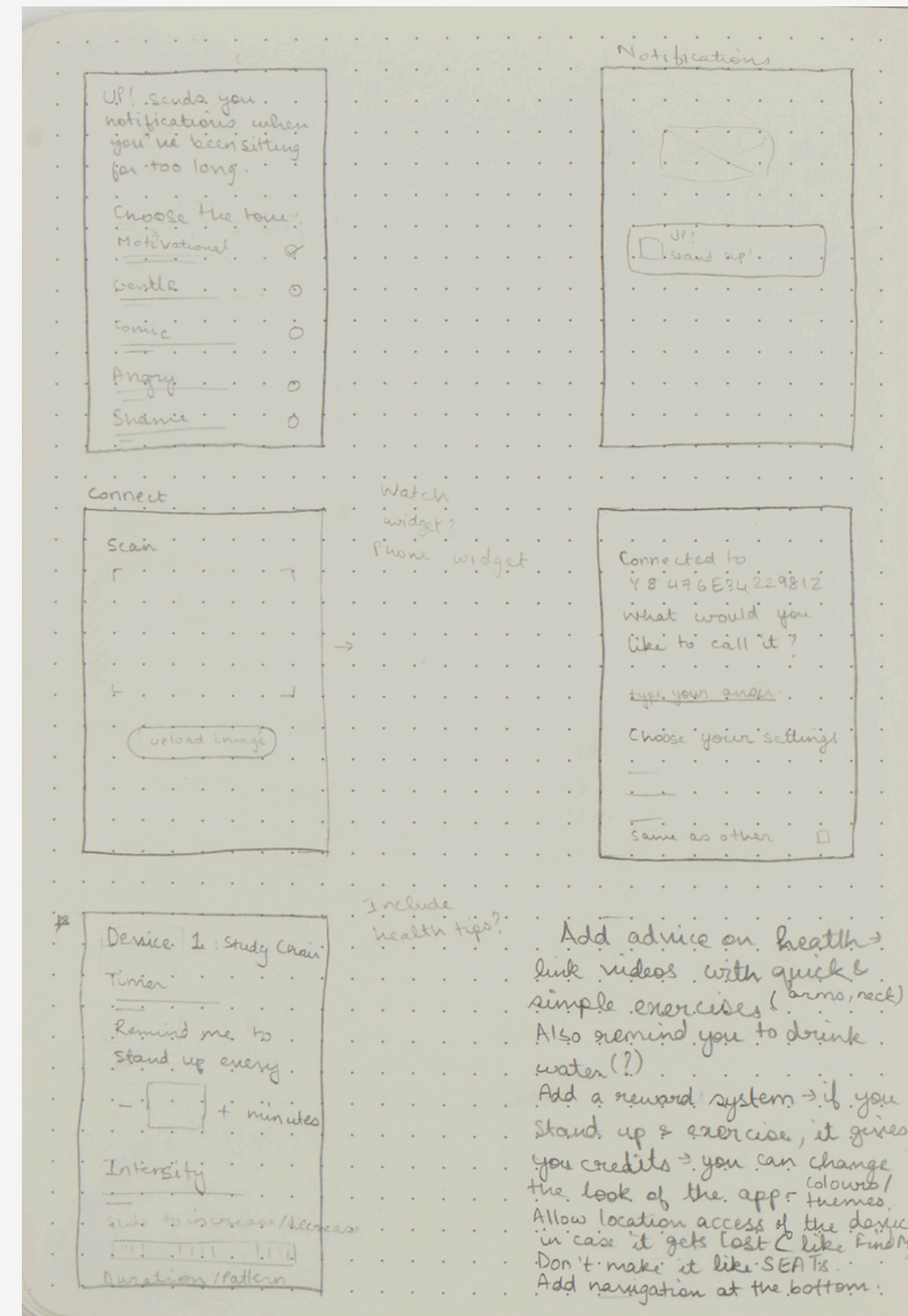
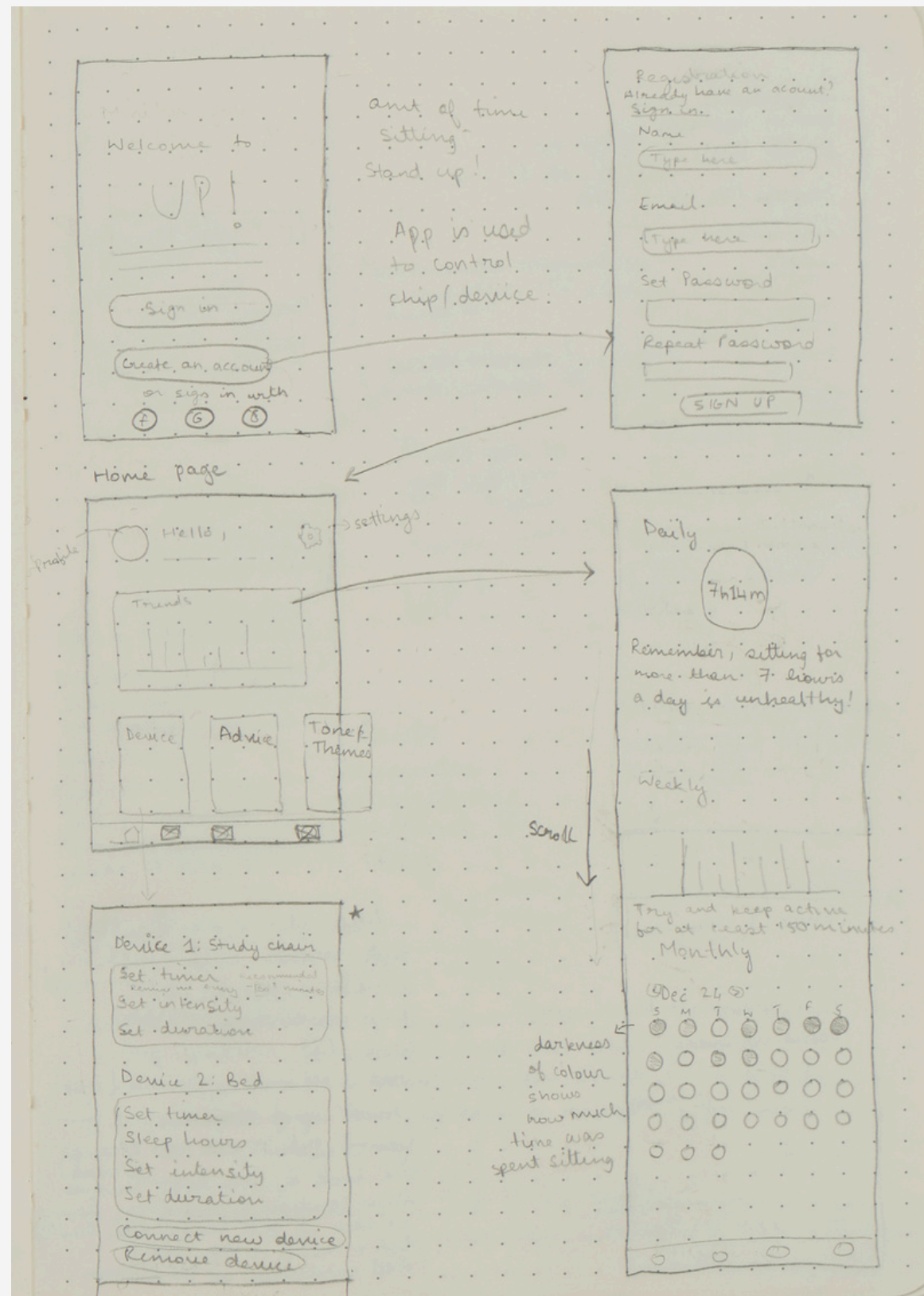
Goals and Motivations:

- 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.

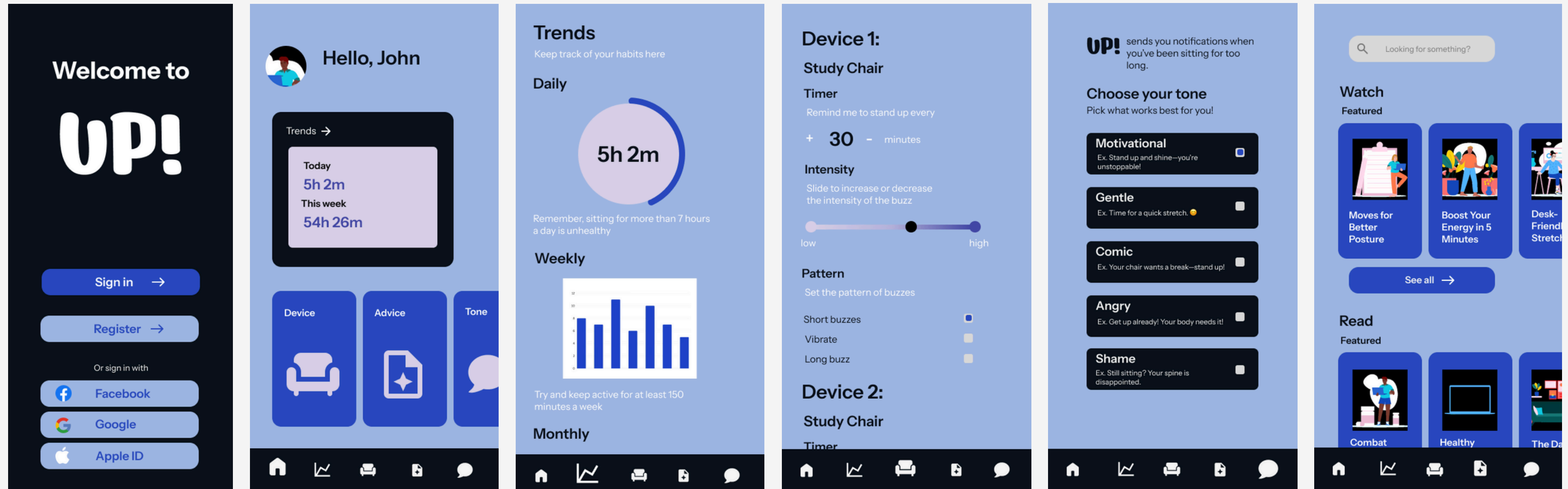
Wireframes



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

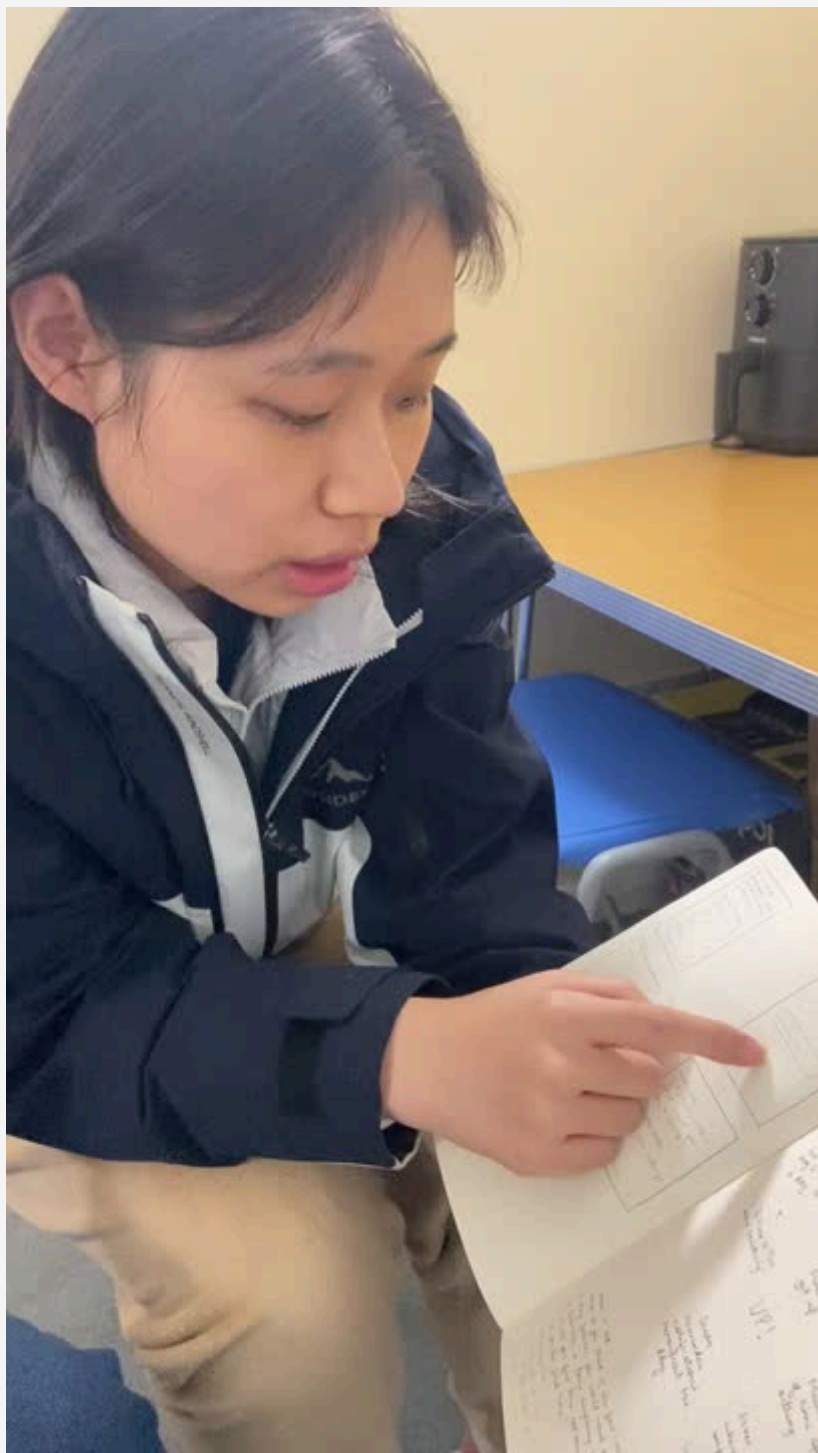


Icons from [Iconify](#).

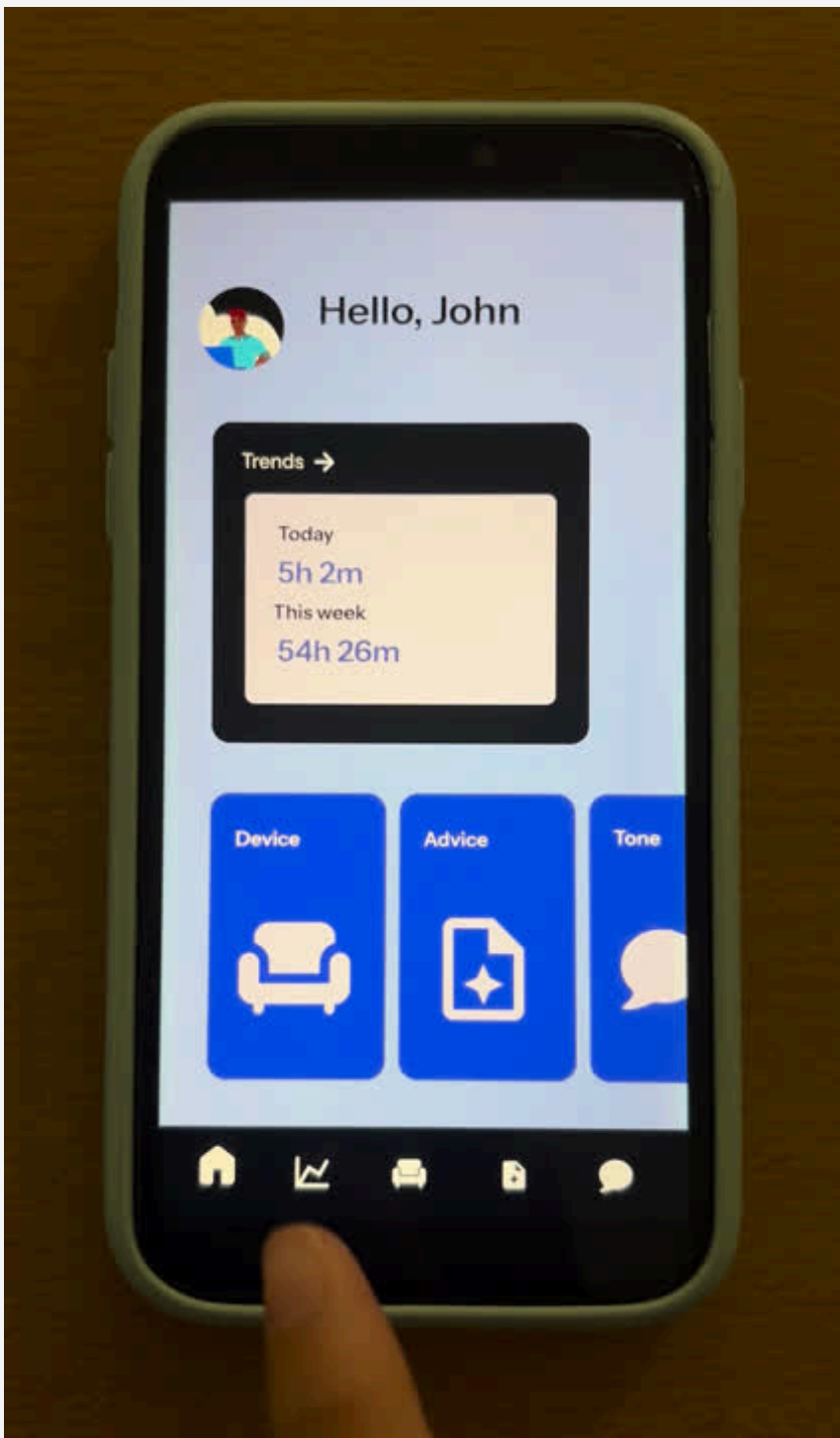
Images from the Advice Section from [Stuck at Home](#) by [Mariana Gonzalez Vega](#)

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.