

# Office Workout

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# Idea

The idea is based on old Japanese's theory of work  
To give specific amount free time to get relax:

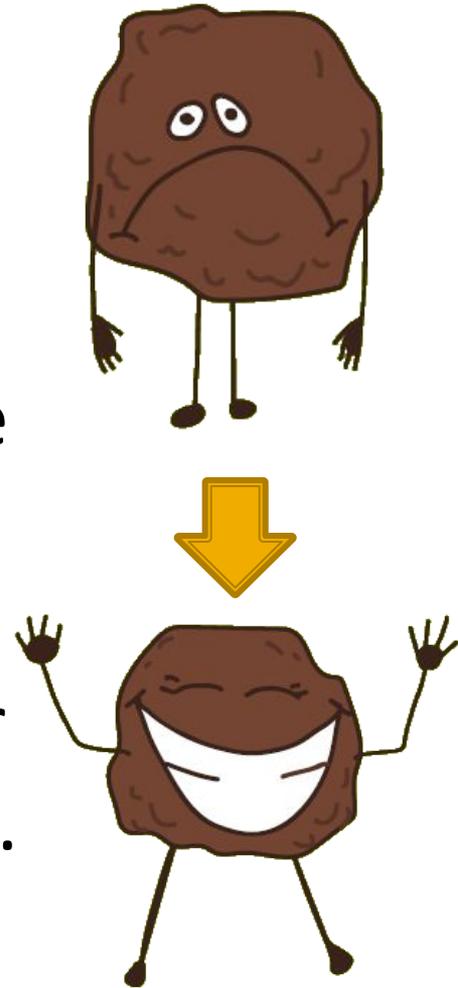
- 10 minutes break after 2 or 3 hours
- Office workout application should encourage people who work at office to take short breaks from their work and use them to exercise. Both actions were proved to have significant positive effect on people's health.

# Motivations

- Office workout motivate user to utilized their maximum 10 minutes Positive effect of taking short breaks when working in office is undeniable, it is difficult to remember to actually take these breaks.
- Remind people when it is time to take a break and to motivate them to improve their health with very simple, yet effective, exercise.
- Exercises are designed specifically for people working in office.
- Mostly, exercises are discrete enough to practice at your desk.

# Goals

- Provide the healthy exercise within minimum available time.
- Make user punctual to such small exercise to keep their muscles active
- Entertaining the application user by awarding animation like meatballs.
- Every exercise will motivate the user to do workout to avoid sad meatball.



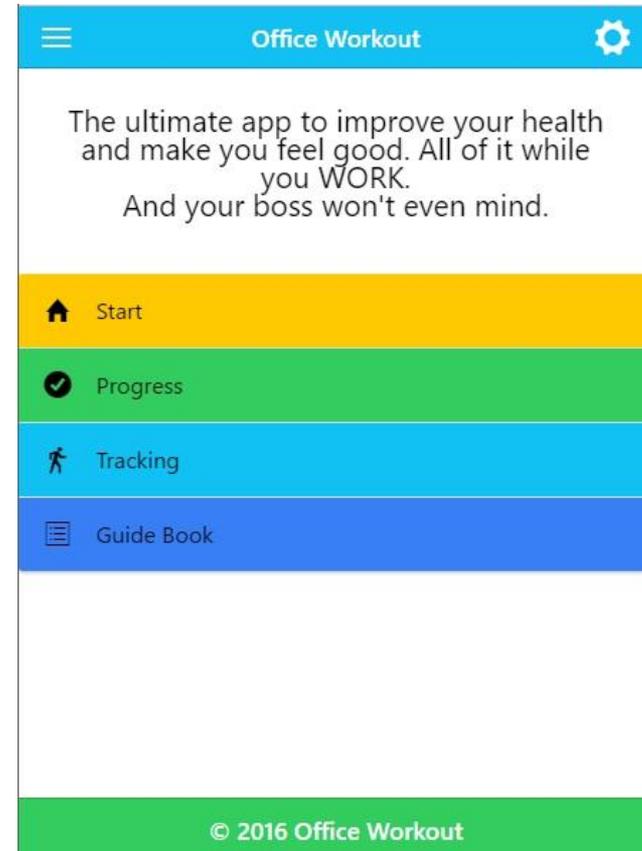
# Business Case

- Boost the productivity of the company's employee.
- future releases will allow sharing features to promote the company.

# Features

The application was designed to be easy to use and mobile friendly.

- Start
- Progress
- Tracking
- Guide Book



# Features Cont..

- 50s eye exercise
- 15s neck stretch
- 10s shoulder relaxation
- 20s carpal tunnel prevention
- 140s legs & abs exercise
- 60s arms exercise
- 60s arms exercise

# Technology used

- Front-End Development:



**CSS**



**HTML**



# Technology used Cont....

- Back-End Development:



**Back&**



# For Later Releases

- Tracking users activities by integrating mobile phone sensors data.
- Implementing a status feature to allow the users to monitor their progress by displaying statistics
- implement calories calculator based on the the steps users make daily
- Registration functionality to save the data and future business plans.

# Challenges During the code camp

- Lack of time.
- Unfamiliarity with some of technologies
- Backend platform bugs

# Acknowledgment

- Antti Knutas
- LTC Otso Team
- Carlos Gonzalez Juarez

Thank you...

Q&A

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