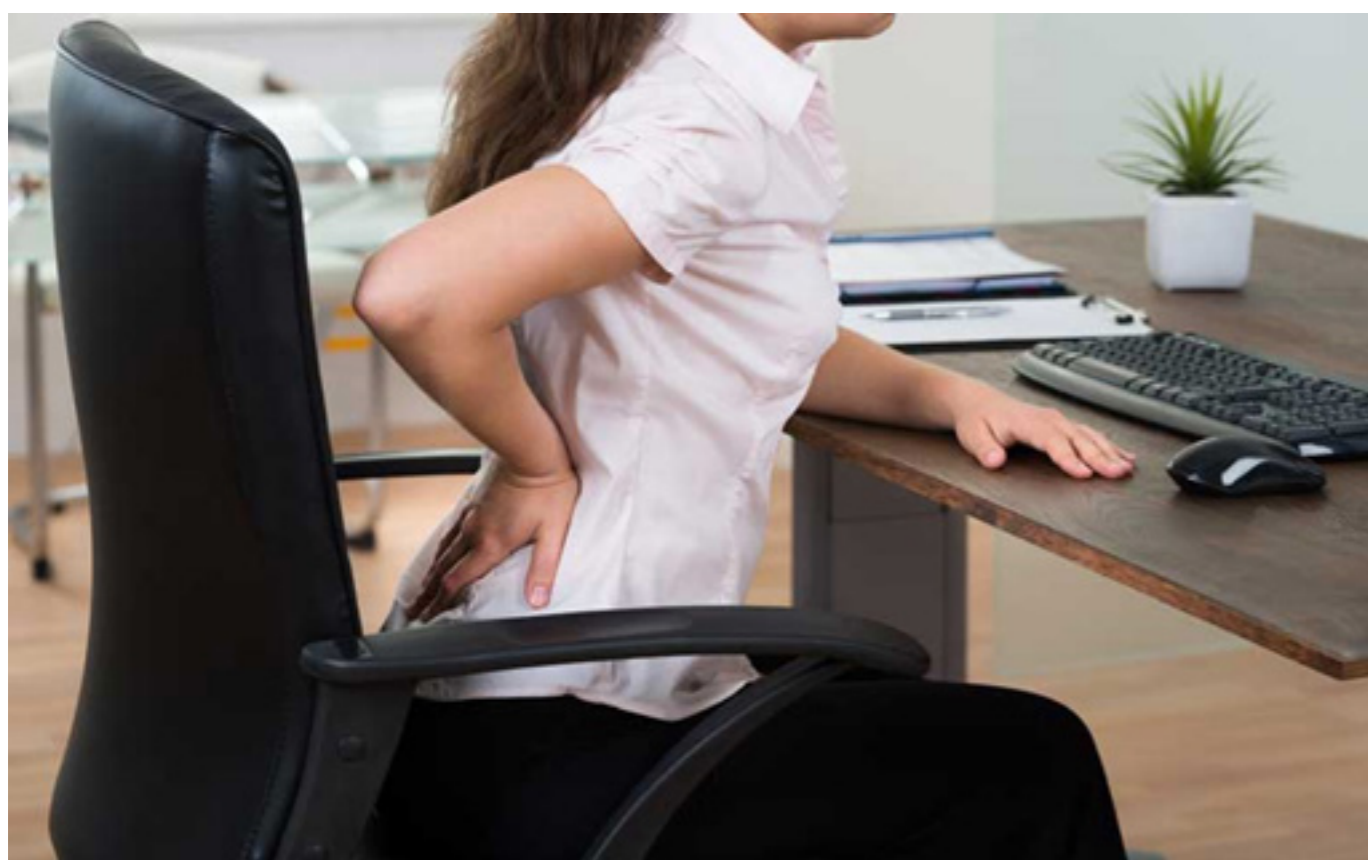


Mobile Exergaming

Student: Leo Ming Long

Supervisor: Assoc Professor Goh Wooi Boon

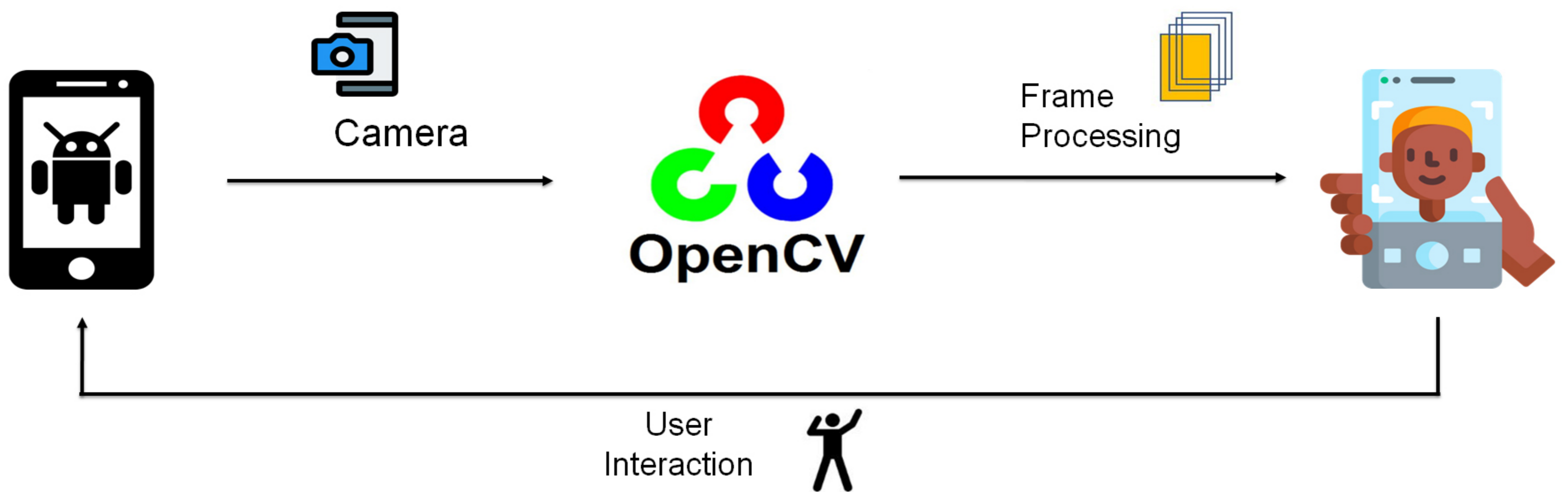
Musculoskeletal disorder is one of the leading cause of death and disability in Singapore due to a sedentary lifestyle^{1 2}. This project explores the use of the smartphone camera to design a short and fun workout that users can interact with through a mobile application game, in the hope of encouraging users to get up from their sitting position and have a good stretch as well as workout to lower the chances of musculoskeletal disorder. This workout is suitable for everyone regardless of age or physical abilities.



Office Stretching Exercises



Gamify workout using Computer Vision



User Experience

