



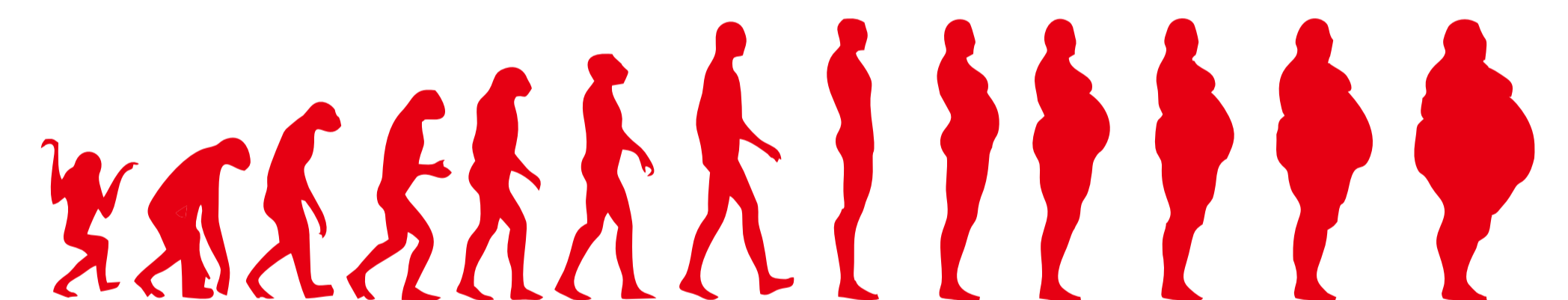
Impact of Obesity

Briefly, Obesity is defined as a Body Mass Index more than 30. In 2008, 35% of the adults globally were overweight and 12% adult obese. Obesity is considered as a chronic disease and it has a great impact on personal health, economy and society.

About the Project

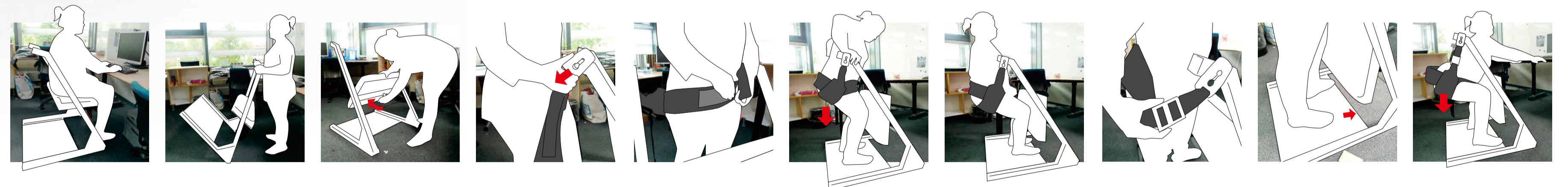
This is a graduation project offered by Tilcentrum in cooperation with the Obesitas Vereniging. The assignment is to discover what would be the essential needs for obese people and to avoid undesirable immobility in terms of being physically active. Obese people have to adjust their attitude and behavior to improve their health conditions. Based on the result of the literature research field research, a vision is formed: "By combining home activities and training exercises for better physical condition, the defined end-users are motivated to be active and further improve the quality of life.

Obese people with Lower Back Pain (LBP) are not capable to stand for long time. The concept is to provide a resting device which encourages the user to sit with natural lumbar lordosis. Meanwhile, s/he can do a core stability exercise (body weight squat) which help to reduce LBP.



DESIGN for OBESITY

Squat Assistant: change your behavior, change your quality of life



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Design for Obesity
29/08/2013
Integrated Product Design

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