

# Smart Exercise Band

<b>Status:</b>	Filled
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## Project Description

Regular physical activity is known to have significant benefits in terms of health and wellness. An important and often neglected aspect of exercise is stretching. Stretching allows people to improve their flexibility and mobility and reduces the risk of injury due to physical activity. Due to COVID-19, many people no longer have access to gyms, yoga studios, trainers, physical therapists, and other services that enable them to access quality stretching and exercise. Thus, there is a motivation to develop a product that can give users insight about the effectiveness of their stretching.

We propose a physical fitness tool to help users improve the quality of their stretching. This tool would augment existing stretching bands, enabling it to accurately measure data (force and potentially displacement) on effective stretching technique. This can be extended to track progress over time. This data will be transferred to the internet through wireless connection