

SlouchGuard QuickStart Guide

What is SlouchGuard?

SlouchGuard is a Windows PC software program that can help you improve your posture and decrease your risk of a number of repetitive stress injuries. SlouchGuard helps by providing you with real-time biofeedback that enhances your awareness of how you hold and move your body while you work at your computer.

How does it work?

Via a webcam, SlouchGuard creates a “digital mold” of your initial, comfortable work positions- the positions that you’d ideally like to train into your muscle memory. When you are working at your computer and you begin to slip, slouch, stretch or hyperextend out of your “digital mold” SlouchGuard sends you an audio or visual signal.

As you use SlouchGuard, you will become more aware of your body movements and positions. With this awareness, you can begin to sit better, work better, feel better and look better.

When should I use it?

SlouchGuard works best when you use it regularly for short sessions while you are focusing exclusively on computer work (and not talking on the telephone or with a colleague, or shuffling through papers, etc). With this in mind, you can set a time limit or typing/keystroke limit for your session. During a session you receive real-time biofeedback and after the session you receive a report and score about how you did.

First Time Use

1. Be sure that you have attached your webcam to your computer and installed the drivers if necessary. If you have problems with this, visit your webcam manufacturer’s website.

2. Open the program by clicking on the “SG” icon on your desktop. Conversely, go to the START menu->Programs->SlouchGuard.

3. Push the green “play” button that can be found beneath the main video screen. Before you do so, confirm that video from the webcam is being displayed in the program.

4. A window will pop up. Since this is your first time, hit “OK”.

5. Watch the QuickSit video and follow along to learn strategies for comfortable sitting.

6. When the video finishes, close the video window and the “flash coach” will begin automatically.

7. Follow along with the one-minute long “flash coach”. It will show you how to teach SlouchGuard your primary range of comfortable positions.

8. When the coach ends, the program begins providing you with feedback. The coach is also replaced with a simple set of controls. You can use these controls to adjust the feedback that you receive.

9. Your digital mold will appear on the video screen. As you move out of your digital mold, the percentage number at the top of the video screen drops/changes color and feedback (audio/visual) begins.

10. After two minutes, this first session ends and you will see your first report.

Second Time Use and Beyond

Now that you are familiar with SlouchGuard you can start using it for your first real session. For more information about setting the timer or keystroke-activity limits for your next

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session, click on the HELP menu item on the left program panel.

To see more of the education content that comes standard with SlouchGuard, select the LIBRARY menu item and scroll through the sitting and typing educational content options.

The first time you want to use SlouchGuard for a typing/wrist feedback session, go to LIBRARY, select the TRAINER tab, and then scroll down to the wrist/typing trainer. Push the green play button and the “flash coach” will guide you through positioning your wide angle webcam and teaching SlouchGuard your range of comfortable positions.

Questions?

Answers to most questions regarding installation, first time use, and second time use and beyond can be found in two places:

- 1) The help file included in SlouchGuard
- 2) Online at: www.slouchguard.com/faq.htm

Support

Email: support@slouchguard.com

Web: www.slouchguard.com

Thank you for purchasing SlouchGuard!



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