

Enhancing the cycling experience in urban areas

Problem

In this information age, we have become so reliant on our minds to navigate and process the world. This perspective has led us to view physical objects in a very simplified, utilitarian manner, overlooking great untapped potential.

Our physical bodies are essential in our daily activities and they help us understand and experience the real world. Overlooking the significance of our bodies hinders our understanding of how we do activities such as cycling. Improving this understanding could lead to increased long-term physical enjoyment, commitment to the activity, and overall well-being.

We have identified guidance (articles and videos) for good posture and activities while not cycling (like yoga) in our domain. It is different from having someone with you, actively observing your body posture and movements and providing you with real-time feedback.

Proposal

For our degree final project, we're developing a physical wearable device for cyclists that enhances their awareness of body posture and movement.

Cycling can be overwhelming when you have to manage numerous aspects simultaneously. Our prototype will be designed to engage the less-occupied channels of information (such as touch and temperature), communicating through bodily sensations, allowing you to focus on enjoyable and safe cycling.

We draw inspiration from somatic education, a discipline focused on body awareness and movement. This approach aims to enhance people's presence in the moment and, by improving their body posture on the bike, elevate their enjoyment of cycling.

Progress

- Talked to a couple of London Cycling Campaign (LCC) boroughs and cyclists
- Set up a testing stand at our college where we are going to test our solutions

Next Steps

- Develop, test and iterate our prototype on our stand at our university
- Involve bicycle repair shop experts' perspective
- Conduct workshops with cyclists to understand their attitudes towards our solution