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(57) Abstract :

The present disclosure discloses a posture monitoring and alerting system 100 that can include sensors 102 configured to sense postural attributes of a person sitting on a chair. The system 100 can include a monitoring unit 104 operatively coupled to the sensors 102, where the monitoring unit 104 is configured to determine a posture based on the postural attributes, and can display one or more effects of sitting in the determined posture. The system 100 can also update itself based on the determined posture.

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