

# Technology Innovation of Smart Mirror Visualizes Weight Lost

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## ABSTRACT

In the last two decades, the focus has increased on obtaining an ideal body weight by eating healthy and body exercising, in order to eliminate risk factors of serious diseases, "doctors report that even a modest weight loss of ten percent of one's body weight can greatly reduce these risk factors" according to Snyder, 2009. However, to reach a perfect weight and stay healthy it requires a consist motivation and work on that goal. In the light of above as well as the necessity of the current trends, I came up with an innovated computerized smart mirror, (Geest-Lokhorst, 2006) highlighted that in her research the reflection of switchable mirror device will open up the possibility of using a wide range of useable applications. The smart mirror comes with a mini side computer that has a multiple features to assist the overweight person to visualizes him/herself in a potential perfect weight, with options of numbers of kilograms required to be lost in order to reach that ideal weight, as well as the proper number of the consumption of the daily food calories that not to be exceeded to have a perfect shape. The purpose of this device is to motivate people who having issues with their weights by using the Smart Mirror to forecast their new shapes when they lost undesirable weight.

**Key words:** Innovation, smart mirror, unwanted weight, ideal body weight, motivational tool.

## 1. Introduction

Understanding the advantage of the physical exercises and eating healthy in order to reduce unwanted weight and to enhance the entire health are not specific enough factors for planning a goal to obtain a perfect body weight and stay healthy, however the motivation on an ongoing basis playing a major roll for achieving that goal.

In the light of above the Smart Mirror and its technical abilities are devised to become as a personal advisor and motivator in helping the user to reach to the desired body shape and physical wellbeing. It is a perfect partnership of self assured success and easy integrated in a daily routine with its ultimate purpose.



Figure 1 - Living Light Weight

## 2. The Smart Mirror Function

The Smart Mirror works on a systematic program that allows the user to visualize the desired body's results along with recommended weight, for one it controls and recommends a daily intake of the required calories based on the ideal body weight "Values regarding eating and body shape are transmitted and reinforced" (Sobal, 1995). It also recommends the need of the daily exercise to burn unwanted fats and calories in order to achieve the desired appearance and fitness. The Smart Mirror has a feature of continuously storing the daily data of the user's efforts, until achieving the desired shape and weight.

## 3. The Smart Mirror Anatomy

The Smart Mirror is constructed of a **200cm length X 150cm width** LED smart touch screen with a reflecting self-portrait incorporated digital camera. The outer panel controls are monitored by figure touch incorporated control in the key panel, which shows the current body's shape of the users versus the proposed ideal body's shape in a graphic form.

The Smart Mirror is composed on a foot based pedestal scales **100cm length X 150cm width X 15cm height**, which automatically shows the current weight of the user versus the proposed ideal weight which will features on the Smart Mirror by monitoring the features on the key panel.

The Smart Mirror will also show the user the correct profile and shape, according to the new weight required in a graphic form.

The Smart Mirror's pedestal base is constructed in a digital form for a maximum sensitively result with a proposed weight transmittal to the key panel.



Figure 2 – Stay on Tract with Your Health and Fitness Goals

## 4. Instructions of Using The Smart Mirror

- Be sure the Smart Mirror connected to the electricity.
- Place the stick memory (flash memory) in the USB socket at the left side frame of the screen, to create a portfolio file for the user.
- The Smart Mirror going to be automatically on "ON" mode once the user steps up onto the foot based pedestal scales facing the screen (The Smart Mirror).
- The user requires writing the name on the middle of the screen in large font by touching the screen as the letters will be appeared to select.
- The name of the users, date and time will appear on the upper right of the screen.
- The user requires standing on the drawn marks (2 feet sagoma image) that mentioned on the foot based pedestal scale to be in ready position in order for the reflecting self-portrait incorporated digital camera to capture the full body.
- The reflecting self-portrait incorporated digital camera flashing red light will blink for 15 seconds to put the user in a ready mode, then will capture the full current body on the right of the half side of the screen, at the same time the future ideal body shape will appear on the left of the half side of the screen.
- The current weight and waist size will appear on the right side of the screen in a digital form with the recommended daily calories intake to achieve the perfect physical shape.
- End the process by moving from the foot based pedestal scale.
- The Smart Mirror will switch off automatically once the user moves from the foot based pedestal scale.
- Remove the stick memory (flash memory) from the USB socket after storing all data of the user.

## 5. The Smart Mirror's Places

***The Smart Mirror Commodities can be found in the following places:***

1. Homes
2. Gymnasium/ Fitness Centers

3. Hospitals
4. Nutrition Specialist Clinics
5. Pharmacies
6. Sports Centers
7. Recreational Resorts
8. Water Sports Parks
9. Schools/ Universities

## 6. Conclusion

The outcome breakdown analysis by using the Smart Mirror will help to increase the motivation oneself and self belief to boost extra willpower to achieve the goal of the perfect body shape, while maintaining good physical and mental health. Ultimately, the Smart Mirror is a complete motivational tool "Turning our perspective from ourselves to a greater cause can provide new motivation and enjoyment" (Geithner, 2011), helps the user in finally accept the proposed future body image "the picture of our body which we form in our mind, that is to say the way in which our body appears to ourselves" (Schilder, 1935), and underline the self confidence to integrate with ease and self assured respect in modern society.



Figure 3 – How to Stay Motivated to Lose Weight

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**A wise man gets more use from his enemies than a fool from his friends.**

~ Baltasar Gracian