

# My walk in 2050

**Walking is the easiest form of moving from one place to another, but today we are slowly forgetting the health benefits that moving around on foot brings. The older we get, the harder it becomes.**

The idea of the project is to create an active supporting tool that will adjust itself to the needs of an ageing person, their condition and mobility. Taking into account the chronic diseases of the elderly, we focused on physical and mental problems connected with proper balance. The result of our project is a new kind of clothing, which will be produced from three-layered active textile according to the individual needs of the user. This could end the stigma elderly people need to put up with when using additional support and create a trend for them going on walks.

**ELECTROSTIMULATION OF THE MUSCLES** The layer closest to the body has elements in places of important motor points: placed electrodes that transmit signals at low frequency to enhance the neural signals from the recipient's proprioceptors responsible for the coordinating and kinetic sensing of one's position.

**PRESSURE** Working material makes putting clothes on the person's lower limbs easier while it is expanded. It works similarly to compressive bands, heightening the blood pressure in the veins and improving overall circulation. The material shrinks and expands thanks to an electric charge.

**RELIEF** Stiffening is responsible for delivering the vibration and pressure that helps moving. This layer is built in places that need additional support, like the knee and ankle joint •

