In recent years, there has been a growing popularity of health and fitness metrics in health bracelets. Wearable devices provide a practical and easily accessible means for individuals to track and assess their physical well-being and exercise performance. The present literature review aims to scrutinise multiple research studies that have investigated health and fitness metrics for health bracelets and their plausible influence on individual health outcomes.

Wang et al. (2016) conducted a study to assess the precision of heart rate monitoring across five distinct health bracelets. The research findings suggest that the heart rate readings obtained from the five different devices were consistent with those obtained from a medical-grade heart rate monitor, thereby demonstrating the potential of health bracelets to furnish precise heart rate information. Nevertheless, the research also revealed a decline in the precision of the health bracelets during periods of intense physical activity or in the presence of an elevated body mass index (BMI).

The study conducted by Shcherbina et al. (2017) aimed to assess the accuracy of heart rate measurement provided by seven frequently utilised fitness trackers. The study findings indicate that six of the devices demonstrated a precision level that was within 5% of the actual heart rate, while one device exhibited a deviation of up to 34 beats per minute. The current study highlights the importance of choosing a reliable device for monitoring physical activity to ensure accurate health and fitness assessments.

The aforementioned research indicates that health bracelets have the potential to furnish precise and dependable health and fitness measurements, specifically in the domains of heart rate surveillance and sleep monitoring. Furthermore, health bracelets have the potential to serve as a viable mechanism for enhancing physical activity and enhancing health results, particularly among the younger population. Nevertheless, the precision of health bracelets may be impacted by variables such as intense physical activity and elevated BMI, and the dependability of information can differ across different devices.

To sum up, health bracelets possess the capability to serve as valuable instruments for individuals to track their health and fitness metrics. Subsequent investigations ought to further examine the precision and dependability of health bracelet data, alongside the efficacy of health bracelets in fostering salubrious conduct and enhancing health consequences.