Health bracelets are becoming increasingly popular among individuals who want to monitor their health and fitness levels. These bracelets are equipped with various sensors and technologies that enable users to track their heart rate, steps taken, sleep quality, and other vital health data. The aim of this literature review is to examine the current state of technology and innovation for health bracelets, including their design, functionality, and effectiveness.

The design of health bracelets has evolved over the years, from basic pedometers to sophisticated smartwatches with advanced sensors and features. The current generation of health bracelets is sleek, lightweight, and customizable, with options for different sizes, colors, and materials. According to Pataranutaporn, P. (2020) ,health bracelets are designed to be worn on the wrist, and they should be comfortable and unobtrusive. The authors also emphasize the importance of the bracelet's display, which should be easy to read and intuitive to use.

The functionality of health bracelets is what sets them apart from traditional wristwatches and pedometers. Most health bracelets are equipped with accelerometers, gyroscopes, and heart rate monitors that enable users to track their physical activity and vital signs. In addition, many health bracelets come with companion apps that allow users to view and analyze their health data.

The effectiveness of health bracelets in promoting health and fitness has been the subject of much debate. Some studies have found that health bracelets can be effective in increasing physical activity and improving health outcomes (Finkelstein et al., 2016). A systematic review by Romeo et al. (2020) found that health bracelets can be effective in promoting physical activity and weight loss, but more research is needed to determine their long-term effectiveness.

In conclusion, health bracelets are a promising tool for promoting health and fitness, but their effectiveness is still the subject of much debate. The design and functionality of health bracelets have evolved significantly over the years, with sleek and customizable designs and advanced sensors and features. Innovations in AI and ML are also promising, as they offer the potential for personalized recommendations and coaching. However, more research is needed to determine the long-term effectiveness of health bracelets and to identify ways to improve their design and functionality.