

Tech in Daily Life

Inside the Rise of Smart Health Technologies

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Headlines :

- ◆ Digital Health Tools That Are Changing Daily Life
- ◆ Top Ten Smart Tech Tools for Wellness
- ◆ How Technology Is Reshaping Modern Education
- ◆ Productivity Tech That's Transforming Work

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Welcome to Tech in Daily Life

Technology is no longer just a convenience — it has become one of the most influential forces shaping the way we live, work, and take care of ourselves. In this issue, we explore how modern innovations are transforming everyday routines and opening the door to smarter, healthier, and more connected lives.

From the growing impact of smart home devices to the rise of AI-powered medical imaging, our feature articles dive into the technologies that are reshaping health, safety, and personal well-being. We look at how digital tools help us monitor our habits, improve our fitness, and support mental health. We also highlight the rapid evolution of artificial intelligence in healthcare, where it speeds up diagnoses, enhances accuracy, and expands access to quality care around the world.

For readers looking for practical guidance, our Top Ten sections break down the best wellness apps, tech tools, and innovations improving daily living. And through our Choice Pieces, we take a closer look at devices like the Google Nest Hub and explore how smart assistants, wellness platforms, and digital trackers fit into real households today.

As technology becomes even more integrated into everyday life, understanding its benefits, challenges, and potential becomes essential. We hope this edition gives you a clearer picture of how digital tools — from AI to smart devices — are shaping a future that is more personalized, efficient, and connected.

Welcome to the world of Tech in Daily Life.

Your future is already here.

Smart Home Technology: The New Standard of Modern Living

Throughout the years, numerous revolutionary technologies have changed their status from being luxuries consumed by a small fraction of the society to becoming basic necessities for everyone. Electricity and the internet were among such technologies, and today, smart home technology is becoming similar. Although a lot of people still think of smart devices as optional, the truth is they are gradually turning into a necessary part of the contemporary lifestyle. Smart home technology is often introduced as entertainment or convenience, but its impact extends far beyond those categories. The ability to monitor energy usage, improve household safety, and having tasks done automatically is quickly turning these tools into necessities rather than luxury. A growing number of families are using such systems for saving time, security increase, and comfortable living ranging from temperature adjustment to lighting. As technology advances, its value becomes more and more visible. Smart home systems and their energy efficiency are probably the most relevant advantage and impact of the entire subject.



With smart thermostats, for example, daily routines and nature can influence the temperature settings. The U.S. Department of Energy supports the claim that smart thermostats can cut down the cost of heating and cooling by almost ten percent yearly if used properly ("Thermostats"). These gadgets keep an eye on the habits of the users for a while and then they plan their heating and cooling routines which lead to energy saving and still there is no discomfort. In this time when the concern for the environment is increasing, the tools that help in eco-friendly living are the most wanted ones. Plus, smart home technology means increasing safety measures for families. The smart locks not only give security but also the monitoring of the house by keeping track of who came in and when, sending alerts, and controlling access almost from any place. For family with children, this is like a safety net; more so if the parents' timings don't match. Similarly, smart cameras, motion detectors, and smoke alarms provide instant alerts and pretty much all the particulars in cases where time to react is very important.

In the case of senior citizens or handicapped people, voice recognition devices can be of great help with their daily routine, grant them more freedom, and ensure their safety at home. Smart speakers can dimming lights, calling emergency persons, and adjusting home settings without any physical movement, making access for people with disabilities much easier. Nonetheless, the positives are counterbalanced by worries regarding privacy and security that some users tend to have. The above-mentioned concerns are quite reasonable given the fact that the range of data smart gadgets can capture is very wide.

Nevertheless, some of the biggest tech companies are always working on implementing security measures that are better than before, along with clear data policies, and offline mode as an option. More than 60% of the manufacturers of smart home devices have been reported by the Consumer Technology Association to be observing the privacy guidelines that are similar to the ones that are usually characterized by data minimization and the use of stronger encryption (“Privacy Guidelines”). The more the industry matures, the stronger the protections become, thus making it less likely for the data to be misused, and more trustful the consumers will be.

Smart technology's disadvantage is being criticized as complicating simple tasks but the wider industry trend indicates that the society is becoming increasingly familiar with the inter-connectedness of households. The change is reminiscent of the earlier technology shifts. Some people resisted the adoption of electricity when it was first introduced because they feared for their safety and were uncertain about it. However, its usefulness was soon recognized and it was accepted by all. Smart home technology seems to be traveling down the same path since people already recognize it as a key part of the modern house thanks to its ability to enhance comfort, safety, communication, and efficiency. In the long run, intelligent dwelling systems are foreseen to replace by and large the conventional appliances in case of their number. These systems provide practical advantages over their drawbacks, and with the advancements in security, the concerns being raised will be lessened. What used to be a dream of the future has now almost turned into the present. The progressing smart technology is coming more quickly than the majority think, and it is ready to be a common thing in every family across the globe.



How Technology can transform health

Smartphone and health technology are constantly evolving becoming increasingly personalized to individual users. Smartphone health related apps have become highly advanced and can be a powerful tool promoting mental and physical support. Users can gain this support through different apps including fitness, nutrition, and mental health apps. These apps can help people gain a better understanding of their bodies, minds, and help reshape habits. Smart habits are in the palms of 96% of Americans hands able to gain knowledge and achievable goals for daily health.

The First question people have is well where do I start? It's quite simple, one of the first ways smart wellness can reshape daily life is the way it can increase awareness of personal health patterns. Fitness apps track heart rate, steps, burned calories, as well as give full workout plans. Most individuals go through their day not aware they are being inactive. With a fitness app the visibility of seeing your daily routine can empower individuals to make more informed and healthier decisions. Whether it's walking more, obtaining a higher heart rate, or sleeping more, they are all small daily steps that can be obtained and understood from a smartphone.

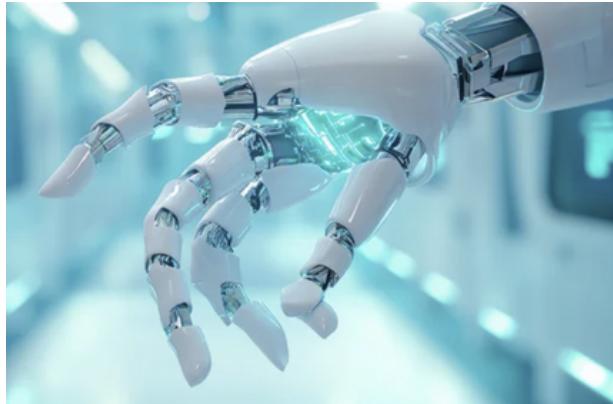
There are more things related to health than just physical, there is also mental health.

Mental Health apps offer a safe affordable way to get help and reshape individuals' emotional life.

Different platforms provide different amenities, for example platforms



like calm headspace provide guided meditation, and mood tracking to promote healthy emotional behaviors and provide individuals with different ways to manage stress. Studies show mental health app users experience measurable improvements in mood when used consistently. Mental Health looks different for everyone and one simple switch to using a mental health app can improve one's cognitive thinking, focus, and overall quality of life.



Along with mental and physical health nutrition plays a key role in overall health. Meal prep apps such as MyFitnessPal, and MyPlate help individuals track caloric intake, nutritional balance, and meal plan all specialized to the individual. People who struggle to maintain a healthy diet or have difficulty finding the right foods for their diet, options like these are great to take into consideration to maintain health. These apps can turn what seems like unreachable goals into a reality by providing the tools and necessary knowledge. Users can plan meals ahead of time and get kept up to date with what they have consumed. Results show that over time the individuals that apply nutritional apps to their daily life encourage long term lifestyle changes, creating a longer healthier life. Beyond these amazing qualities, Smart wellness is personalized to individuals. Based on specific data the user puts in smart wellness will adjust to weight, calories, and stress control based on what suits the user best.

According to health journalist Stacey Freed, AI based health and wellness platforms functions as “virtual personal trainers” having modified routines in real time boosts confidence for users making this approach more suitable and sustainable, rather than fare fetched and hard to reach. While Smart wellness has many benefits it comes with some concerns and challenges. While real time changes are good it can cause users to get hooked on numbers, making the experience less fulfilling. There have also been concerns about privacy obtaining different apps as they do collect sensitive and personal information. So, when used, mindfulness is a key part in creating the best experience possible while using the guidance, motivation, and technology that comes with wellness apps.

The key takeaway is that smart wellness technology has the potential to shape individuals’ health journeys in astonishing ways. Fitness apps, nutrition apps, and mental health platforms give personalized information and guidance that help users understand their bodies and minds in unimaginable ways. While it is important to be mindful to smart wellness, it provides untold knowledge to every individual. Smart wellness technology can change a person’s life.

Ai in medical imaging: Transforming Healthcare

Medical imaging has been an important part of healthcare for years helping doctors see the inside the body without surgery. In the past, Radiologists and technicians looked at x-rays, MRIs, and CT scans physically in their hands; this process took a long time and could cause many errors while looking at the imaging. Now Artificial intelligence is changing the game by making the process more reliable and faster and more accurate.

Ai powered Imaging Systems use Smart algorithms to study medical scans they find different problems and even predict what may happen to a patient's health for example AI could spot cancer cells that doctors may miss or find tiny bone fractures that may be hard to see. These specific AI tools help doctors make better decisions, make quicker decisions about your health, and lower the chances of mistakes (Mayo Clinic 2025).

One of the biggest advantages of AI and medical imaging is speed. Radiologists often review a lot of scans everyday which couldn't be overwhelming ai software quickly fixed the process of Imaging and pointed out areas that needed attention and even ranked a different case by urgency this helps doctors focus on patients who need care right away which can save lives in a lot of critical situations. Ai helps diagnosis more visibly accurately; these systems are trained on thousands, even billions of medical images they learn to spot out the different small spots that the normal human eye would not be able

to see. And they learn to spot a small pattern linked to diseases like cancer, brain disorders, and heart problems. Research shows that AI Assisted Imaging can match or even beat human performance and find certain conditions (Nature Medicine 2024). Ai and medical Imaging is not about better diagnosis it also helps with education and research. It could also train new Radiologists by giving consistent feedback and helping point out common mistakes. Ai tools can also analyze a huge set of data to find patterns and how diseases progress. How do patients respond to treatment? However, there are always challenges protecting patients' privacy and keeping data secure is critical AI systems also need more testing to make sure everything is up to date with Imaging and providing information based off anything you submit. And while AI is powerful it's meant to assist not replace medical professionals' human oversight is still essential so although ai is extremely useful When finding images and scans. the future of AI and medical imaging looks bright new ideas like real-time Imaging dream surgeries hey I told you for mobile check-ups and systems that predict patients' needs are coming soon as a lot of Technology grows AI will keep helping doctors provide care that is faster safer and more personal not only does AI continue to improve but it's becoming more reliable and valuable in 2025. As AI keeps improving, it will work with other healthcare tools to make patient care even better.

For example, AI-powered wearables could track vital signs all the time and warn doctors about problems before symptoms show up. AI can also help create personalized treatment plans by looking at a patient's medical history, genetics, and lifestyle.

The benefits of AI in medical imaging go beyond hospitals. In remote or rural areas where specialists are hard to find, AI systems can provide high-quality scan analysis. This helps more patients get quick and accurate diagnoses, closing gaps in healthcare access.

AI research in imaging may also uncover new patterns in diseases that doctors have not noticed before. Finding these trends can lead to better prevention, improved treatments, and even new medicines.

In short, AI in medical imaging is changing healthcare in many ways. It speeds up diagnosis, improves accuracy, and supports education and research. While challenges like privacy and data security remain, combining human expertise with AI promises a future where care is faster, safer, and more personal for patients everywhere.

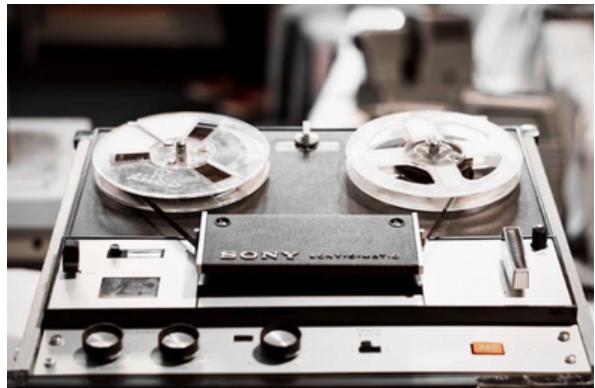


Sony and the Sound Revolution: A Legacy of Audio Innovation

Sony has had an enormous effect on how people listen to music worldwide. Sony has continuously pushed the limits of what sound technology is capable of, from creating innovative portable audio to creating state-of-the-art noise-cancelling headphones.

Although Sony manufactures cameras, video game consoles, robots, and entertainment media, one of its strongest—and most significant—areas of competence continues to be audio. It is easier to understand how contemporary listening practices, gadget design, and sound quality standards developed into what they are today when one considers Sony's contributions to audio technology.

The Walkman, the first widely used portable music player in history, was released in 1979, marking the beginning of Sony's influence on audio. Prior to this, listening to music was limited to home stereos or big radios. By enabling people to carry their music with them anywhere, the Walkman transformed listening.



Future portable gadgets like MP3 players, smartphones, and wireless earphones were made possible by this change in mobility. By standardizing the concept of a personal soundtrack to daily life, the Walkman transformed culture in addition to technology.

Sony kept coming up with new audio formats as technology developed. Sony and Philips collaborated to create the Compact Disc (CD) in the 1980s, which popularized digital audio. Compared to vinyl and cassette cassettes, CDs provided more convenience, longer durability, and better sound. The music business entered the digital age thanks in part to this innovation. The sampling rate and bit depth of the CD still have an impact on digital audio standards in a variety of businesses.

High-resolution audio, a concept aimed at providing music with more information than conventional MP3 or streaming codecs, has been led by Sony in recent years. Sony contributed to the creation of the Hi-Res Audio standard and created devices that supported it, such as digital music players, amplifiers, and headphones.

The concept behind Hi-Res Audio is straightforward: the more precise and immersive the listening experience, the closer the playback is to studio-quality sound. Both audiophiles and recording pros who depend on accuracy and clarity will find this innovation appealing.

Sony's improvements in noise-cancelling headphone technology, especially with the WH-1000XM headphone line, are another significant contribution. Sony has established new industry standards in adaptive noise cancellation, competing with companies such as Bose and Sennheiser. Whether the user is studying in a quiet library, going outside, or flying, these headphones utilize artificial intelligence to adapt to their surroundings. Sony's proficiency in fusing software and hardware is demonstrated by their real-time ambient sound analysis, a trend that continues to influence consumer audio.

Additionally, Sony has made investments in immersive and spatial audio, most notably with "360 Reality Audio." Using standard headphones, this technology creates a surround-sound experience by placing individual audio elements—vocals, instruments, and effects—with a three-dimensional area. This format has already been embraced by streaming services like Deezer and Tidal, indicating that spatial audio might play a significant role in the future of music. Sony's long-standing commitment to revolutionizing the way people perceive sound is shown in its leadership in this field.



Sony produces audio components for other businesses in addition to consumer goods. Its highly regarded microphone and audio sensor technology is frequently included into cameras, cellphones, and professional recording equipment. This behind-the-scenes impact demonstrates that Sony's contributions go beyond its own line of branded goods.

Overall, Sony's role in audio technology spans more than 40 years of groundbreaking innovation. From introducing the world to portable music with the Walkman to setting modern standards in noise cancellation and immersive audio, Sony continues to shape the global sound landscape. Whether people realize it or not, the way we listen today is deeply connected to Sony's vision for the future of audio. As audio technology evolves toward more personalized, immersive, and intelligent systems, Sony remains at the forefront—continuing its legacy of transforming how the world hears music.

Top Ten Ways Technology Improves Daily Life

10. Smart Assistants

- They allow users to do things without hands and they help in the process of scheduling, reminders, and even audio playback.
- They make the life of people with mobility and vision limitations easier.



9. Fitness Trackers

- They keep track of the heart rate, sleep, and movement of the user all day long.
- They help people to be healthier by setting goals and tracking progress.

8. Online Learning Tools

- They provide access to lessons, courses, and educational videos instantly.
- They make it possible for the different types of learners to learn in their own way.

7. Streaming Services

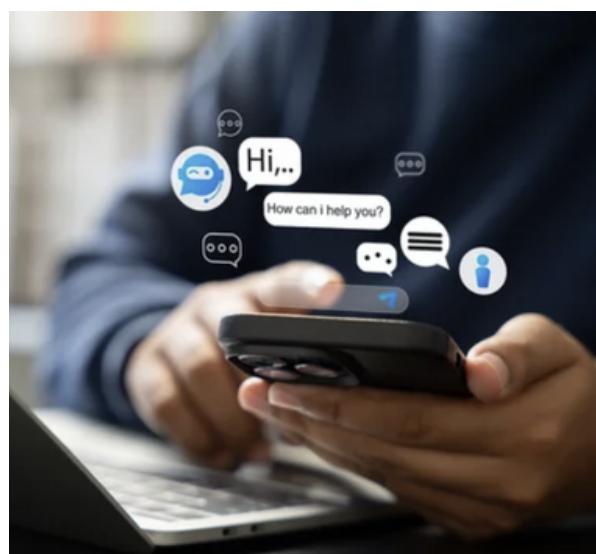
- They bring to viewers a lot of different types of entertainment such as movies, TV shows, music, and even podcasts.
- They let users receive recommendations that are personalized according to their preferences.

6. Navigation Apps

- They provide the most up-to-date information on traffic and also suggest the best routes.
- They enhance the safety of trips by informing about dangers and roadblocks.

5. Smart Appliances

- They take over the household chores of cleaning, cooking, and controlling the temperature one by one.
- They help reduce energy consumption by using smart settings and monitoring usage.





4.Digital Payments

- With secure online banking and card transactions, the demand for physical cash is minimized.
- Reliable, quick, and safe are the adjectives for the ways of transferring money as well as making purchases.



3.Social Media and Communication Apps

- They help to keep in touch too with friends, relatives, and even communities that are far away.
- They provide a means for the dissemination of information and interaction in a social way.



2.Cloud Storage

- Files are safely placed on distant servers to be easily accessed from different devices.
- Data loss is avoided by always having the important files backed up automatically.



1.Telemedicine Services

- They allow for consultations and follow-ups with doctors online.
- They make the healthcare system more accessible to patients with travel, time, or movement restrictions.



Top Ten Sony Innovations That Transformed Technology

10. The Walkman (1979)

- First successful portable music player.
- Changed global listening habits and personal audio culture.

9. PlayStation (1994)

- Revolutionized home gaming with 3D graphics.
- Became one of the best-selling console families ever.



8. Compact Disc (CD)

- Co-developed with Philips in 1982.
- Set the standard for digital audio.

7. Blu-ray Disc

- Allowed HD movies and games with far higher storage capacity.
- Became the standard for home video.



6. Sony Alpha Mirrorless Cameras

- Popularized mirrorless technology over DSLR cameras.
- Advanced autofocus and low-light performance.

5. Aibo Robot Dog

- Early example of consumer robotics with AI behavior.
- Demonstrated Sony's interest in robotic companionship.



4. Sony Image Sensors

- Used in many smartphones, including iPhones.
- Industry leaders in low-light and motion performance.

3. WH-1000XM Headphones

- Benchmark for active noise cancellation.
- Uses adaptive AI-based sound processing.

2. PS VR & PS VR2

- Brought virtual reality to mainstream console gaming.
- Offers advanced tracking and immersive audio.



1. Bravia Television Technology

- Known for accurate color and processing.
- Introduced 4K HDR innovations widely used today.

Top Ten Best workout goal apps

10.Fitbod

- AI- Driven Strength trainings
- Builds workouts based on your recovery and what equipment you have

9.Freletics

- bodyweight workout plans + HIIT.
- Personalized via AI and good for all fitness levels

8.Apple fitness+

- Studio-style workouts (HIIT, strength, core, yoga) for Apple Watch users.
- Real-time metrics from your Apple Watch during workouts.

7.JEFIT

- Great for running and cycling; tracks routes + performance.
- Social features: join challenges or follow friends.

6.Workout for Women

- For women exclusively.
- Tends to women cycle and goals.

5.Gymverse

- Gives real coaches and trainers
- Tends to you and what you can do.

4.Future

- Real coaches design your weekly workout plan + check in.
- More personal, but costs more.

3.Shred App

- Provides gym and body weight workouts.
- Over 250 exercises with video demos.

2.Nike Training club

- Free workouts for strength, yoga, HIIT, mobility.
- Programs tailored by goal, duration, and equipment

1.All Out studio

- On-demand workouts from fitness experts across many disciplines.
- Always has new content does include in app purchases



Top 10 Ways AI is Revolutionizing Medical Imaging

10. Faster Diagnosis

- AI dramatically cuts down the time needed to interpret medical scans, allowing doctors to make faster and more effective treatment decisions.

9. Greater Diagnostic Accuracy

- Advanced algorithms can detect subtle abnormalities that may be missed by the human eye, helping reduce errors and improving diagnostic confidence.

8. Early Detection of Diseases

- AI systems excel at identifying early-stage tumors and other medical conditions, enabling timely interventions that can significantly improve patient outcomes.

7. Better Workload Management

- By automatically sorting and prioritizing scans based on urgency, AI helps radiologists focus on the most critical cases first, reducing fatigue and improving efficiency.

6. Personalized Patient Care

- AI tools analyze individual imaging patterns to predict patient-specific risks, supporting tailored treatment plans that better match each patient's needs.

5. Accelerated Research and Discovery

- AI can examine massive imaging datasets to uncover trends and patterns, speeding up medical research and opening the door to new clinical insights.

4. Enhanced Training and Education

- Medical students and trainees benefit from AI-powered feedback and standardized learning modules, helping them develop consistent and accurate diagnostic skills.

3. Cost Efficiency for Healthcare Systems

- By reducing repeat scans and minimizing unnecessary procedures, AI helps hospitals optimize resources and lower overall imaging-related costs.

2. Remote Diagnostics and Telemedicine

- AI-supported imaging tools make it possible to review scans remotely, expanding access to expert care – especially for patients in rural or underserved areas.

1. Driving Future Innovations

- From predictive modeling to AI-assisted surgical planning, AI continues to push the boundaries of what is possible in modern medicine, paving the way for smarter and more precise healthcare solutions.

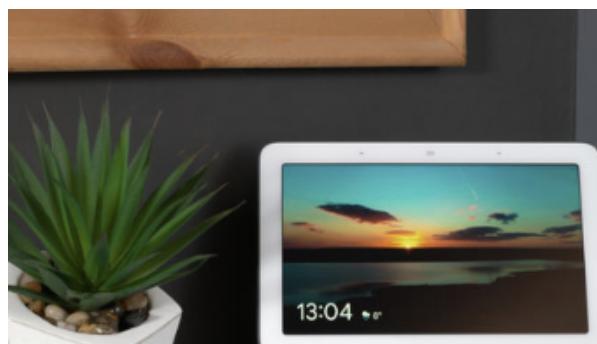
The Google Nest Hub as a Smart Home Companion

Smart home gadgets have become more and more dominant in our daily lives, and the Google Nest Hub is definitely among the most versatile and user-friendly devices that one could choose. It is a visual assistant and a central controller for connected devices at the same time, which means that it has turned into a small screen combining convenience, accessibility, and information delivery altogether. The Nest Hub is not only a speaker or display anymore in many households; rather, it has become an inseparable daily partner taking care of communication, scheduling, entertainment, and home automation. Google Nest Hub is most likely to be praised for its flawless compatibility with the Google ecosystem. On the one hand, most people who use Google services like Calendar, Maps, Photos, and YouTube are those who can't live without the Nest Hub. On the other hand, its visual display helps users to not only view reminders but also follow recipes step-by-step, check weather reports, or even watch short instructional videos without the hassle of holding a device. For someone who is multitasking in the kitchen or managing a hectic schedule, the hub clearly and easily provides the necessary information.



The appliance is supreme when it comes to smart home control. Turned into a major hub, the Nest Hub can work with thousands of devices, such as smart lights, thermostats, cameras, and locks of various brands. The user interface allows one to quickly control these devices and, at the same time, to get a well-organized overview of the home environment. For those households who have the automated lighting or temperature control systems, the Nest Hub makes it easy and less tedious since there's no need of switching between different mobile applications. It is very handy when managing a bunch of devices at once or when changing their settings throughout the day.

One major benefit that the Nest Hub has is its ability to support people. The all-day active voice-controlled Google Assistant enables interaction without using your hands at all, which is very useful for the elderly, the disabled, or the simply very busy. Moreover, the Nest Hub Max has brightness-adjusting screen and gesture controls that can be relied on by those who do not want to use voice commands. All these functions make the user more independent and, at the same time, increase the number of users that can benefit from the device.



The Nest Hub is great for entertainment, too, apart from the other great features it has. The device has access to many streaming platforms, including YouTube, Spotify, Netflix (for the latest models), and more. Although the screen is not large, it is more than enough for watching brief videos, cooking demonstrations, or having music played. In living rooms or bedrooms, the Nest Hub can be a compact entertainment solution without the disturbance usually caused by big screens.

The limitations, however, are still there to be seen in spite of the advantages mentioned. The absence of a camera in the basic model of the Nest Hub means the device cannot be used for video calls via Google Meet or other similar services. Furthermore, the issue of privacy arises with the use of all smart home gadgets that have microphones or are connected to the internet. Through the account dashboard, Google offers the option to disable the microphone, delete voice activity, or manage privacy settings, but still, these concerns are very real for users who are apprehensive about data collection. Although the transparency reports and the publicly available privacy documentation do facilitate consumer confidence to some extent, the concern is not completely eradicated.



From the perspective of technology, the Nest Hub is a dependable product in delivering responsiveness, connectivity, and processing speed. It connects to Wi-Fi networks in a very quick manner, processes the voice commands quite quickly, and even connects to the other devices without any delay. Regular software updates from Google are dedicated to maintaining and even enhancing the performance as well as the feature set of the device.

The device provides a remarkable level of support and long-term usability, especially for one in its price bracket.

To sum up, the Google Nest Hub is a reasonable and multifunctional choice for the homes that are looking for smart home integration. The main factors of its attractiveness are the perfect collaboration with Google services, the user-friendly features, the power to manage several devices from one place.

The issue of privacy still exists, but the advantages of Nest Hub are often stronger than the disadvantages for a large number of families. The more the smart home tech grows, the more devices like the Nest Hub will be found in the places where people live. The Google Nest Hub will be a dependable and effective option for those who want a smart display that is both economical and powerful.



Review over Wellness apps: Shred, Calm, MyfitnessPal

When almost every aspect of life has digital short cuts, wellness has quietly become one of the biggest areas transformed by smartphone technology. In the palms of many hands are fitness routines, mental health procedures, and nutritional tracking, all designed to make life easier. While these are all great things it can be hard to determine which one suits you best and works. Three of the most popular wellness apps include shred, calm, and fitness pal, so here is a full unpaid review of each.



- Shred

Shred has a 5-star rating and is considered the most adaptable fitness apps on the market. Shred gives a clear and clean personalized layout for users. The app will ask series of questions and once answered it will generate daily workout plans. Workouts on shred range from high to low intensity, as well as providing video demonstration making it easier for all individuals to understand. This quality makes it beginner friendly safe and will grow with the user.

Often apps will give extreme and unobtainable fitness measures, however with shred it will meet your needs, provide quick simple workouts tailored to your schedule and abilities. With shred, providing realistic pacing and progress it makes it a very suitable candidate for people trying to improve health at any level.

Pros:

- Tailored workouts
- Great for home and gym
- Great for beginners

Cons:

- Advanced features require a subscription
- Not ideal for yoga users

Overall shred is a great fitness app for beginners that will give real time results.

- Calm

Calm has a 5-star rating and obtains a huge reputation for its powerful mental health wellness tools provided. Opening the app from the jump brings soothing and calming feelings. Calm is for people trying to relieve stress, deal with emotions, or gain deeper understanding of emotions. Calm provides guided meditations, relaxation strategies, and breathing exercises from long to short help.

The most helpful feature Calm provides is the "Daily Calm" which helps individuals reflect throughout their day allowing less chances for anxiety or panic to overtake. Also included in the Calm app are bedtime stories and calming voices to help calm.

Pros:

- Extremely beginner friendly
- Helps improve sleep and mood
- Teaches how to manage personal emotions.

Cons:

- Access to everything requires a subscription
- Libraries can become repetitive
- Calm is a great app to use if you're trying to manage stress and emotions more effectively.



- MyFitnessPal:

Coming in with a 4.5-star rating

MyFitnessPal is one of the oldest apps on the market yet remains one of the top used apps due to its focus on dieting. MyFitnessPal makes it easy to log meals, track nutrition, and gain better eating habits

MyFitnessPal comes with different recipes from snacks to meals, and its feature to scanning food items is a huge bonus. This app can help show eating patterns like if you're skipping meals or snacking too much; it helps with it all.

Pros:

- Large food options
- Great for creating better eating habits
- Tracks water intake

Cons:

- Comes with ads
 - Premium subscription required for more insights
- MyFitnessPal is a great app for individuals who want to create better eating habits.



How AI Helps Doctors Interpret Medical Scans?

1. Image Acquisition

- a. The patient undergoes an MRI, CT, or X-ray scan.
- b. The imaging device captures high-resolution digital images.

2. Data Preprocessing

- a. AI software cleans, enhances, and standardizes the images.
- b. Noise, distortions, and unclear areas are reduced for better clarity.

3. Pattern Recognition

- a. Machine learning algorithms analyze pixel-level patterns.
- b. AI detects abnormalities such as tumors, fractures, or lesions.

4. Prioritization

- a. AI flags scans that show urgent or severe abnormalities.
- b. Radiologists can focus on the most critical patients first.

5. Diagnostic Support

- a. AI generates probability scores for different medical conditions.
- b. It highlights regions that require further review or additional scans.

6. Integration with EHR

- a. AI findings are automatically connected to the patient's electronic health record.
- b. Doctors receive a complete picture of the patient's medical history alongside the scan results.



7. Decision-Making Aid

- a. Radiologists review AI recommendations.
- b. Human expertise combines with AI insights for final diagnosis.

By following this process, AI enhances accuracy, reduces workload, and accelerates patient care. While it does not replace medical professionals, AI acts as a powerful assistant, allowing doctors to focus on patient outcomes rather than repetitive tasks.



Conclusion — The Future Is Already Taking Shape

As we reach the end of this issue of Tech in Daily Life, one message becomes unmistakably clear: technology is no longer operating in the background of our lives — it is becoming a central partner in how we live, think, and care for ourselves. From AI-driven medical imaging that saves lives, to smart home systems that increase comfort and safety, to wellness apps that put personalized health insights at our fingertips, innovation continues to reshape our world in meaningful and powerful ways.

The tools highlighted in our features, top-ten lists, and choice pieces reveal a future built on connection — connection between people and their homes, between patients and their doctors, and between everyday decisions and long-term well-being. Technology today is more intuitive, more personalized, and more capable than ever before. And with advancements in artificial intelligence, data-driven healthcare, and portable smart devices, the next chapter of daily life will only become more efficient, more responsive, and more empowering.

Yet, even as these advancements grow, one thing remains unchanged: technology is at its best when combined with human intention, creativity, and care. The future will not be shaped by machines alone, but by how we choose to use them to improve our lives and our communities.

As we look ahead, the evolution of digital tools promises a world that is smarter, safer, and more connected. And with each new innovation, we take one step closer to a future where technology supports not only our needs — but our potential.

Thank you for exploring this journey with us.

Stay curious, stay inspired, and stay connected to the ever-changing world of tech.

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