

### **Wearable Devices to Promote Employees**

As identified by Henning and van de Ven, since being active in daily routine provides workers to be more productive, it is offered to use wearable devices by employers. It is almost desired to associate being physically active and other wellness activities into the employees' daily life.

These programs can be useful for boosting fertility and it makes workers healthier hence it diminishes the missed days which were because of illness. These devices are a good solution for setting employees' movement goals (2017, p.123).

Comment: It is easily understandable that wearable devices can assist employees to be more productive and being healthier in daily routine.

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