**I B Paragraph:**

Apart from medical usage of wearable technology for medicine, it is also possible to use it in daily life. It is always good to move for humans since it protects them from illness and enables them to communicate better with others. Also, people can pleasant if they are not still. As people live in today’s world, currently everyone is getting still so it is required to encourage them to being active. Wearable technology is a good method for this purpose. One of the benefits of wearable devices is for employees. By using wearable devices, employees can be inspired and it is possible to make them more productive and healthier by being more active. **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).** It is easily understandable that wearable devices can assist employees to be more productive and being healthier in their daily routine. Apart from the business life, wearable technology has a lot of advantages for making people aware of self-care. Self-care is the best solution for protecting themselves from diseases. **Fotopoulou and O’Riordan state:**

**In use, the screen of the device worn on the body displays numerical information about fitness activity, such as steps walked, floors climbed and calories burnt. In addition to this information, the screen periodically displays messages that aim to create a sense of connection with the user, and at the same time, establish the device in its role as a sport trainer (for instance ‘you can get this!’). This display of motivational messages on the device screen and on the interface, dashboard introduces a form of coaching, which is ongoing even when the device is not actually connected to the wireless interface. (2017, p. 58)**

**Also, as pointed out by Schull, some devices which are wearable have idle alert so the person who wears that device can be warned whether they are inactive by vibration. In addition, some wearables give attention to bodily stillness and tries to avoid user from inertness and struggle for preserving true posture (2016, p. 322).** It is clear that wearable devices are profitable to have an active daily-life and to be careful about self-care. As a result, wearable technology is a good method to have an active life and to make someone mobile.

(Tevfik OZGU)