

Balancing Benefits and Risks of Wearable Tech

As technology continues to advance, the trend of using wearable fitness trackers and their impact is emerging. While these devices can serve as powerful personal life coaches, they also come with physical and psychological **trade-offs**.

One of the advantages of using wearable fitness trackers is that they motivate users through **gamification** and positive **reinforcement**. These devices send encouraging notifications such as '50 more steps to reach today's goal' or 'close your ring' – a phrase made popular by Apple that symbolises daily achievement. By offering small rewards for completing daily tasks, fitness trackers inspire users to stay active and aim for more challenging goals. Over time, consistent use of these devices helps build healthy habits and supports a more active lifestyle.

Another advantage of using wearable fitness trackers is that they empower users to take **proactive** control of their health. Many modern health-monitoring features can track physiological changes during sleep, such as irregular breathing or unusual heart rates. These functions are especially helpful for elderly or vulnerable users. As long as the device is charged and worn consistently, it can detect potential health issues.

Although there are many strong arguments in favour of fitness trackers, the disadvantages cannot be ignored.

A major concern with using wearable fitness trackers is that its constant, continuous monitoring may create anxiety, as some users feel uneasy knowing the device tracks their every movement. This can lead to an unhealthy **compulsion** to meet daily goals – even on



rest days – just to maintain their status or streaks. Such behaviour undermines the purpose of rest and relaxation. Achieving a healthy lifestyle should not come at the cost of constant worry.

Another downside of using wearable fitness trackers is that they may push users to ignore their physical limits. Most trackers rely on similar algorithms and programs, sending repetitive messages each day. They cannot recognise individual circumstances, like when a user is sick, since not all health issues can be detected by these devices. Trackers continue prompting them to complete daily tasks without knowing if they are tired or overworked.

To conclude, wearable fitness trackers should be used with **self-awareness** and moderation. While they can support healthier habits and early health detection, users must remain attentive to their own physical and emotional needs. Rather than blindly following daily prompts, individuals should treat these devices as helpful tools – not strict enforcers – to maintain a balanced and sustainable approach to well-being.

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Language spotlight

Rather than... , individuals should...

This sentence structure points out a wrong or unhelpful action, and contrasts it by giving a better recommendation. It steers the reader towards the correct advice in a subtle, gentler tone.

Example 1: **Rather than** spending all your time on one question, **you should** move on to the next one and try that first.

Example 2: **Rather than** keeping all your old toys, maybe **you can** donate some to charity.

Teacher's feedback

THE writer presented a compelling topic, in which not only did they list out one side of the debate, but laid out reasons to consider the arguments for both sides. The topic sentence in the first paragraph made the objectives of the article clear by establishing the benefits and trade-offs to wearable fitness trackers. Overall, their points are clear and concise, and the article is neatly wrapped up with a conclusion that offers a solution – 'wearable fitness trackers should be treated as helpful tools, not strict enforcers.'

