Wearables at a Glance

What are wearables?

- Electronic devices worn on the body
- Connected to the internet
- Send and receive data
- Sensory and scanning features

Popular types of wearables

- Smartwatches
- Fitness trackers
- Smart jewelry
- Smart glasses
- VR headsets
- Smart clothing

Benefits of Wearables

- Track health metrics
- Keep up with fitness goals
- Understand sleep cycles and recovery

Security Best Practices

- Store data securely
- Enable automatic updates
- Use strong, unique passwords
- Invest in quality brands