

USING WEARABLE TECHNOLOGY FOR HEALTH AND FITNESS

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ABSTRACT

There has been significant interest in wearable technology, particularly related to health. Understanding how a user interacts with the device, and accepts the technology in the form of continued use, is particularly important for accurate data collection and analyze of fitness and wellness data. Using the Technology Acceptance Model the perceived usefulness and perceived ease of use of the device was investigated. Analysis of the results will be summarized and presented at Western Decision Sciences Institute meeting.