

## Wearable Tech: Futuristic Gadgets

### What Is Wearable Technology?

Imagine wearing a watch that tracks your heart rate, glasses that display (1)..... in front of your eyes, or a jacket that heats itself in cold weather. Wearable technology refers to electronic devices designed to be worn on the body. These gadgets help people stay connected, track their health, or even improve their daily lives. While some wearables are already popular, others only (2)..... in science fiction – for now!

### Wearables We Use Today

One of the most common types of wearable tech is the **smartwatch**. Devices like the Apple Watch or Samsung Galaxy Watch do more than just tell time – they can measure heart rate, count (3)....., send messages, and even make phone calls.

Another useful gadget is **fitness trackers** like Fitbit. These small devices help people monitor their sleep, exercise, and overall health. Athletes use them to (4)..... their performance, while others wear them just to stay active.

**Smart glasses**, like Google Glass, tried to bring technology into our vision, displaying information like maps and messages. While the first versions weren't very successful, tech companies are still working on **augmented reality glasses** that might become (5)..... in the future.

Some wearable tech is even built into clothing. **Heated jackets**, **self-lacing shoes** (like Nike's Adapt BB), and even **haptic gloves** that let gamers feel virtual objects are already (6).....

### Wearables in Science Fiction

While modern wearables are impressive, some of the most exciting ideas come from science fiction. Movies, books, and TV (7)..... have imagined futuristic gadgets that don't exist yet – but might one day!

One famous example is the **Iron Man suit** from Marvel movies. This high-tech armor has built-in weapons, flight capabilities, and a smart AI assistant. While real scientists are working on exoskeletons for soldiers and factory (8)....., we are still far from a real Iron Man suit.

Another fun idea is a watch that lets you **teleport**, like in some sci-fi shows. Imagine tapping your wrist and instantly (9)..... in another place!

Many sci-fi worlds also feature **contact lenses** or **implants** that display information directly in front of your eyes. Instead of looking at a phone, you could check the weather, read messages, or watch a video – all inside your vision. Some scientists are (10)..... with smart contact lenses, so this might become reality one day.

### Conclusion

Wearable technology is already changing the way we live, from smartwatches to self-lacing shoes. As technology improves, we might see even more exciting inventions – maybe even some inspired by science fiction! One thing is certain: the future of wearables will be both useful and fun.

### Word Bank

appearing, track, exist, experimenting, shows, information, available, sleep, steps, common, workers