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THE FUTURE OF WEARABLE TECHNOLOGY

Fill in the blanks with the correct form of the word in parentheses.

Wearable technology is an exciting _____ (innovate) that is becoming more popular. Devices like smartwatches and fitness trackers help people improve their health and _____ (perform) by monitoring their heart rate, sleep, and physical activity.

One major _____ (advance) in this field is the _____ (develop) of smart glasses, which allow users to see digital information in real life. Another important _____ (create) is smart clothing, which can track body temperature and even adjust to the weather.

Wearable technology also has great _____ (apply) in medicine. Some devices help in the early _____ (detect) of health problems, allowing doctors to provide faster and more _____ (effect) treatments. This _____ (improve) in healthcare can save lives.

However, as wearable technology collects a lot of personal data, many people worry about _____ (private). The _____ (regulate) of data use is important to ensure that this technology remains safe and _____ (benefit) for everyone.