



Personal Health, Fitness Technologies, and Games

Guest Editors:

Dr. Derek L. Hansen

IT & Cybersecurity, Brigham
Young University, Provo, UT
84604, USA

Dr. Jerry Alan Fails

Department of Computer
Science, Boise State University,
Boise, ID, USA

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Message from the Guest Editors

Dear colleagues,

Despite good intentions, we rarely live up to our health and fitness aspirations. Although technology is often seen as a cause of unhealthy and inactive lifestyles, it can also help us achieve our goals and have fun in the process. New technologies offer a range of technologies and platforms on which to innovate: health and fitness trackers, exergames, smartwatches, mobile apps, social websites, augmented reality, embedded systems, and more. The aims of these technologies are equally diverse: they help users track activity; they entertain or distract us from the physical activity; they encourage engagement with the outdoors; they educate people about health needs or best practices; or they persuasively encourage better health and fitness activities through technologically enabled support mechanisms including social interactions, challenges, narratives, or goal setting and accomplishments. The aim of this Issue is to share research that relates to health and fitness technologies that benefit users from various perspectives.

