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**Wow Project Report**

Technology is beneficial to our health lives because of its new ways to aid us toward the right path. First of all, there are specific contraptions built specifically for exercising , such as the treadmill, and also factories that build weights, and sport equipment also use technology, which eventually aided many people in the world. Not only did sports/activities made by technology aid the people of the world get healthy, but also a main component of how technology is beneficial to our health is the fact that technology made it possible to learn about diseases and illnesses, and ways to make them vaccinations to keep them at bay. Without this technology to help our immune system and body, many of the people alive today wouldn’t have been alive if these developments in health and medicine weren’t made.

The main way technology has been beneficial to our life is the way the it has majorly developed medicine. There are many medicines developed to this day that help almost permanently stop pandemics. For example, “Centers of Disease Control and Prevention” stated that, “**If vaccinations were stopped, each year about 2.7 million measles deaths worldwide could be expected.”, Now, this is just one of the many diseases/sicknesses that have been cured thanks to the aid of technology. Also, imagine if every single child ever had chickenpox at least once in their life. Not only that, but most pandemics that would have been cured by diseases would still all be around. With all those plus measles, the death toll per year would most likely be around 3million or more, just because these developments in medicine had not been developed. Overall, this is the biggest impact of technology in our health**

**--The App—Not based on medicines, but on the basis of “Getting fit”**

The first main component of a “Getting fit” app of course, is a calorie counter. This could work as a calendar, with each day having an average calorie count of 2,000. As you eat foods, you would enter the approx calorie amount of the food onto the app. If you go over 2,000 before the day ends, the app would warn you too cool down on the foods.. Finally, at the end of the day, the app would calculate your percent error, x – 2000 over 2000 times 100. If it is a negative percentage, you ate lower than 2,000, and if positive, more than 2,000. The smaller the number, the closer to 2,000. This could also calculate your progress over months/weeks. IT could be helpful for those that need more accurate eating habits to be average sized.

Another power this app can have is a calorie burning calculator. First of all, it requires to have GPS access to your phone. After that is configured, you will need to put your current weight in the options, because it plays a factor in burnt calories per mile. Next, you’ll have to pick what kind of movement you are doing, walking, running, or cycling. This is because they have different “multipliers” of calorie burning. The formula is .57(miles)\*lbs for walking, and .72(miles)\*lbs for running. This is the formula the app will use for calculating calories burnt. This will be helpful for people that want to track how much they burn. Overall, the app would calculate both how many calories you gain, but also how many you lose.