# Special Issue

# Personal Health, Fitness Technologies, and Games

## 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.

## 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

## Deadline for manuscript submissions

closed (30 November 2020)

# About the Journal

### Message from the Editor-in-Chief

Towards the end of 2018, I was approached to be the new Editor-in-Chief for the *Multimodal Technologies and Interaction* (*MTI*) journal. I was honored to be considered and happily accepted the role, starting in January 2019.

*MTI* is a new journal, and since starting in 2017, has published 10 issues with over 140 papers, with the number of publications continuing to grow. As Editor-in-Chief, I would like to continue increasing the number of high-quality papers that we publish, and in addition, work towards improving the journal in other ways, such as getting the journal listed on ISI, establishing an impact factor, and increasing our social media presence.

I would also like to better engage with the research community, including bringing some new members onto the Editorial Board, focusing the journal on the latest areas of interest, marketing at leading conferences and, most importantly, getting feedback from our readers.

### Editor-in-Chief

Prof. Dr. Mark Billinghurst
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### Author Benefits

**High Visibility:**

indexed within Scopus, ESCI (Web of Science), Inspec, dblp Computer Science Bibliography, and other databases.

**Journal Rank:**

CiteScore - Q1 (Neuroscience (miscellaneous))

**Rapid Publication:**

manuscripts are peer-reviewed and a first decision is provided to authors approximately 25 days after submission; acceptance to publication is undertaken in 3.8 days (median values for papers published in this journal in the first half of 2025).