**ESSR Journal Club**

**Covered Article:** “Wearable Monitors Facilitate Exercise in Adult and Pediatric Stem Cell Transplant”

**Authors:** Ethan Pottebaum, Alexa Warmoth, Sabarish Ayyappan, David S. Dickens, Yogesh Jethava, Arunkumar Modi, Michael H. Tomasson, Lucas J. Carr, and Melissa L. Bates

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1) What are wearable activity monitors and what measurements can they provide?

2) What are some special considerations for hematopoietic stem cell transplant (HSCT) patients regarding exercise?

3) What factors need to be considered with using wearable devices across age groups (pediatric, adult, elderly)?

4) What are some barriers and facilitators that influence exercise performance among HSCT patients?

5) How can wearable activity monitors be used to promote physical activity at each stage in HSCT treatment?

6) What are the benefits and drawbacks that influence the use of wearable activity monitors by HSCT patients?

7) What future directions could increase the translation of wearable activity monitors into practice?