

# how to add friends on fitbit

How to Add Friends on Fitbit: Boost Your Fitness Journey with Social Motivation

**how to add friends on fitbit** is a question many users ask when they want to make their fitness experience more interactive and engaging. Fitbit isn't just about tracking steps and calories; it's also a vibrant community where you can connect with friends, share progress, and challenge each other. Adding friends on Fitbit can give you that extra push to stay active and motivated, turning your solo workouts into a social adventure.

If you're new to Fitbit or haven't explored its social features yet, this guide will walk you through everything you need to know about how to add friends on Fitbit, from sending friend requests to managing your connections. Plus, we'll dive into some handy tips to get the most out of Fitbit's social features.

## Why Adding Friends on Fitbit Makes a Difference

Fitness is often more enjoyable when shared. Fitbit's social aspects let you compete in challenges, celebrate milestones, and encourage each other directly through the app. When you add friends on Fitbit, you're not just expanding your contact list; you're building a support network that can help you stick to your goals.

The Fitbit app allows you to see your friends' daily activity stats like steps taken, floors climbed, and active minutes. This real-time comparison can be incredibly motivating. It's like having a workout buddy cheering you on—even if they're miles away.

## How to Add Friends on Fitbit: Step-by-Step Guide

Getting started with adding friends on Fitbit is straightforward. Here's how you can connect with friends:

### 1. Using the Fitbit Mobile App

The easiest way to add friends is through the Fitbit mobile app, available on both iOS and Android devices.

1. **Open the Fitbit app** and log in to your account.

2. Tap the *Community* icon at the bottom (it looks like two people).
3. In the Community section, select *Find Friends*.
4. You can search for friends by their **email address**, **Fitbit username**, or even connect your contacts to find friends already using Fitbit.
5. Once you find the person, tap *Send Invite* or *Add Friend*.
6. Your friend will receive a notification and can accept your request.

## 2. Adding Friends from Your Contacts

If you want to quickly invite your phone contacts:

- Go to the *Find Friends* section in the Fitbit app.
- Allow the app to access your contacts.
- Fitbit will show which of your contacts already have Fitbit accounts.
- Send friend requests directly from there.

This method saves time and helps you connect with people you already know.

## 3. Inviting Friends via Social Media or Email

If your friends aren't on Fitbit yet, you can invite them:

- In the *Find Friends* area, select the *Invite Friends* option.
- Choose to send invitations through email, text message, or share a link via social media.
- Once they sign up and accept your request, you'll be connected.

## Managing Your Fitbit Friends List

Once you've added friends, you might want to customize how you interact with them.

## Viewing Friend Activity

In the Fitbit app's Community tab, you can view a dashboard showing your friends' latest stats, including steps, workouts, and badges earned. This helps you keep track of their progress and stay motivated.

## Removing or Blocking Friends

If you ever want to remove a friend or restrict interactions:

1. Go to the Community tab and tap on the friend's profile.
2. Select the menu (usually three dots) and choose *Remove Friend* or *Block*.
3. Removing a friend will end your connection, while blocking prevents them from seeing your stats.

## Privacy Settings for Your Friends

Fitbit allows you to control what your friends can see:

- **Activity Sharing:** Decide whether your friends can view your steps, workouts, or sleep data.
- **Challenge Invitations:** Manage who can invite you to step challenges or competitions.

Adjust these settings in the app under *Settings > Privacy* to maintain the level of sharing you're comfortable with.

# Making the Most of Fitbit's Social Features

Adding friends is just the start. Fitbit offers several interactive tools that leverage your friend connections to create a fun and motivating fitness environment.

## Engage in Fitbit Challenges

Challenges are a popular way to compete with friends. After adding friends, you can invite them to:

- **Step Challenges:** See who can take the most steps in a set period.
- **Workweek Hustle:** A Monday to Friday step competition.
- **Weekend Warrior:** Compete on weekends for extra motivation.

These friendly competitions can boost your daily activity and make exercise feel less like a chore.

## Send Messages and Stickers

The Fitbit app includes a messaging feature where you can send texts and motivational stickers to friends. It's a simple way to encourage each other, share achievements, or coordinate workouts.

## Celebrate Achievements Together

When you or your friends hit milestones—like new personal records or badges earned—the app notifies your network. Celebrating these wins together fosters a sense of community and accomplishment.

## Tips for Successfully Adding Friends on Fitbit

While adding friends on Fitbit is easy, here are some extra pointers to ensure a smooth and rewarding experience:

- **Use Accurate Search Details:** Make sure you have your friend's correct Fitbit username or email to avoid sending requests to the wrong person.
- **Encourage Friends to Accept Requests:** Sometimes your friend might miss notifications, so a quick heads-up via another platform can help.
- **Be Respectful of Privacy:** Not everyone wants to share their fitness data openly. Always ask before adding someone, especially if you don't know them well.
- **Keep Your Profile Updated:** A complete and engaging profile makes it easier for others to find and connect with you.

## Exploring Fitbit Community Beyond Friends

If you're looking to expand your social circle beyond just friends, Fitbit also offers community groups and forums where you can join discussions, seek advice, and find workout buddies with similar interests. This can be especially helpful if you're new to fitness or want to try new challenges with people who share your goals.

By understanding how to add friends on Fitbit and tapping into these social features, you transform your fitness tracker into a powerful tool for connection and motivation. Whether you're aiming to walk more steps, improve your sleep, or just stay active, having friends by your side in the Fitbit app makes every goal a little easier and a lot more fun.

## Frequently Asked Questions

### How do I add friends on Fitbit using the mobile app?

Open the Fitbit app, tap on the 'Community' tab, then select 'Friends.' Tap the '+' icon or 'Add Friends,' and you can search for friends by their email, Fitbit username, or connect your contacts to find friends who use Fitbit.

### Can I add friends on Fitbit from my contacts?

Yes, in the Fitbit app, when you go to 'Add Friends,' you can sync your phone contacts to find people you know who are on Fitbit. This makes it easier to add friends without needing their usernames or emails.

## Is it possible to add friends on Fitbit from the Fitbit website?

Yes, you can add friends on the Fitbit website by logging into your account, clicking on the 'Community' tab, selecting 'Friends,' and then using the search bar to find and add friends by their email or username.

## Do my friends need to accept my request to connect on Fitbit?

Yes, when you send a friend request on Fitbit, the recipient must accept the request before you appear on each other's friends list and can share activity data.

## How can I find friends on Fitbit if I don't know their email or username?

You can try syncing your phone contacts in the Fitbit app to find friends automatically. Alternatively, you can invite friends via email or text directly from the app if they aren't already on Fitbit.

## Can I add friends on Fitbit without sharing my activity data?

No, adding friends on Fitbit typically involves sharing activity data such as steps and workouts. However, you can manage your privacy settings to control what specific data your friends can see.

## Additional Resources

How to Add Friends on Fitbit: Enhancing Your Fitness Journey Through Social Connectivity

**how to add friends on fitbit** is a common query among users seeking to leverage Fitbit's social features for motivation and accountability. Fitbit, a leading brand in wearable fitness technology, offers a range of tools designed to create an engaging and interactive experience. Adding friends on Fitbit is one such feature that encourages community building and friendly competition, ultimately driving users to stay active and achieve their fitness goals. This article explores the process of adding friends on Fitbit, the benefits of connecting with others, and insights into optimizing this social functionality.

## Understanding the Importance of Adding Friends on Fitbit

Adding friends on Fitbit is more than just a social interaction—it's a strategic feature aimed at enhancing user engagement and motivation. Fitbit's built-in social platform enables users to share progress, participate in challenges, and encourage each other through virtual support. Research in behavioral science suggests that social accountability significantly increases the likelihood of adherence to fitness routines, making the friend-adding function a valuable tool in any fitness regimen.

By connecting with friends, users can compare daily steps, active minutes, and sleep patterns in real time,

creating a dynamic environment that fosters healthy competition. This social connectivity not only personalizes the Fitbit experience but also integrates seamlessly with lifestyle habits, making fitness tracking more enjoyable and sustainable.

## Step-by-Step Guide: How to Add Friends on Fitbit

Navigating the Fitbit app to add friends is intuitive but may vary slightly depending on the device or app version. Below is a comprehensive guide to help users connect with others efficiently:

1. **Open the Fitbit App:** Launch the Fitbit app on your smartphone or tablet. Ensure you are logged into your account.
2. **Access the Community Tab:** Tap on the 'Community' icon, usually located at the bottom menu of the app. This section houses social features including friends, challenges, and groups.
3. **Navigate to Friends:** Select the 'Friends' option to view your current friends or begin adding new ones.
4. **Add Friends:** Use the search bar to find friends by their Fitbit username, email address, or even connect your contacts list to discover friends who already use Fitbit.
5. **Send Friend Requests:** Once you identify a friend, tap 'Add Friend' or 'Send Request.' The recipient must accept the invitation to establish the connection.
6. **Manage Friend Requests:** You can also manage incoming requests in the 'Pending' tab within the Friends section.

Alternatively, Fitbit users can add friends by syncing their Facebook or Google accounts, which may simplify the process by automatically suggesting contacts who are also Fitbit users.

## Exploring Fitbit Friend Features Beyond Adding Contacts

Adding friends is just the first step in a broader social ecosystem within Fitbit's platform. Once connected, users can engage in the following activities:

- **Challenges:** Participate in daily, weekly, or monthly challenges such as step contests or active

minutes competitions. These challenges add a competitive edge and motivate users to push their limits.

- **Messaging and Encouragement:** Fitbit allows users to send messages, stickers, or emojis to friends, fostering encouragement and social interaction.
- **Leaderboard and Progress Sharing:** Users can view friend leaderboards to track rankings and share achievements, which reinforces positive behavioral patterns.
- **Group Creation:** Users can create or join groups based on interests, locations, or fitness goals, expanding their social network within the Fitbit community.

These social features are designed to make fitness tracking a shared experience, which research shows can significantly improve user retention and motivation.

## Technical Considerations and Compatibility

When exploring how to add friends on Fitbit, it's important to understand the technical requirements and compatibility aspects. Fitbit's social features are accessible through its mobile app, compatible with both iOS and Android devices. However, some features may be limited or function differently depending on the device model or operating system version.

For example, users with older Fitbit devices or those who primarily use the web dashboard might find limited options for adding friends or engaging in challenges. The mobile app remains the most robust platform for social interactions. Furthermore, privacy settings allow users to control who can find or add them as friends, ensuring a secure and comfortable user experience.

## Privacy and Security Aspects in Adding Friends on Fitbit

As with any social platform, privacy is a critical concern. Fitbit offers customizable privacy controls that enable users to manage their visibility and interactions. When adding friends on Fitbit, users should be aware of the following:

- **Profile Visibility:** Users can set their profiles to public, private, or friends-only, determining who can see their activity and stats.
- **Friend Request Settings:** Options exist to restrict who can send friend requests, which helps prevent



unsolicited connections.

- **Data Sharing:** Users can decide what fitness data is shared with friends, maintaining control over sensitive health information.

These features reflect Fitbit's commitment to balancing social engagement with user privacy, an essential factor for maintaining trust and user satisfaction.

## Comparing Fitbit's Friend-Adding Features to Other Fitness Platforms

Fitbit's social network capabilities are comparable to those found on other fitness trackers such as Garmin Connect, Apple Fitness+, and Samsung Health. However, Fitbit distinguishes itself through its user-friendly interface and extensive community engagement options.

For instance, Garmin Connect offers robust friend challenge features but is often considered more technical, appealing to serious athletes. Apple Fitness+ integrates tightly with the Apple ecosystem but requires multiple Apple devices to fully utilize social features. Fitbit, with its wide device compatibility and intuitive app design, strikes a balance that caters to both casual users and fitness enthusiasts.

Users seeking an easy method to add friends and engage socially will find Fitbit's approach streamlined and accessible, particularly for those new to fitness tracking technology.

## Potential Limitations and Areas for Improvement

While the process of how to add friends on Fitbit is straightforward, some limitations persist:

- **Friend Discovery:** The reliance on usernames or email addresses can complicate finding friends if exact details are unknown.
- **Cross-Platform Integration:** Fitbit currently lacks extensive integration with some social networks, which could enhance friend discovery and sharing.
- **Notifications:** Some users report inconsistent notifications for friend requests or challenge updates, which can affect engagement.

Addressing these areas could further solidify Fitbit's position as a leader in social fitness tracking.

The ability to add friends on Fitbit represents a vital feature that transforms solitary fitness efforts into a connected, interactive journey. By understanding the mechanics, benefits, and nuances of this functionality, users can fully exploit the potential of Fitbit's social ecosystem to foster motivation, accountability, and sustained activity.

## **How To Add Friends On Fitbit**

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**how to add friends on fitbit:** *Your Guide to Fitbit* John T. Phillips, 2016-02-09 Learn how to get the most out of your Fitbit, including tips on how to personalize, set goals, and track your progress.

**how to add friends on fitbit:** Fitbit Charge 2: The Complete Beginner's Guide Gack Davidson, 2017-01-29 The FitBit Charge 2 is the best-selling tracker for FitBit. It is an improved and innovated version of Charge HR. The improvements are not so subtle, most prominent being the large OLED screen with tap display. The upgrade is especially a welcome edition for those who are more into fitness tracking. FitBit Charge 2 has multi-sport tracking and can pair with your phone and provide enhanced functionality in the presence of GPS. CONTENTS You FitBit Charge 2 comes with three basic components: Fitbit Charge 2 tracker Charge 2 Classic wristband Charging cable The wristband is detachable and you can swap it for other colors and materials sold separately.

**how to add friends on fitbit:** Fitbit Versa: An Easy Guide to the Best Features Dale Michelson, The Fitbit Versa was released a few weeks ago with several features that makes it a top competitor to some of the smart watches on the market today. It offers Bluetooth, up to 4 days of battery life, more than 15 exercise modes, heart rate tracker, call and text notifications from smartphone and many other features that can be activated. In addition to the features, users can choose to accessorize their Fitbit watches with various bands that are available at different costs. Users can feel secure with the 1-year limited warranty offered with Fitbit and a money back guarantee. A smart scale and wireless headphones are also available for those who wish to take their fitness regime to another level.

**how to add friends on fitbit:** *Fitbit Blaze Smart Fitness Watch: The Complete Beginner's Guide* Gack Davidson, 2017-01-29 FitBit Blaze Smart Fitness Watch is a real smart watch with comfort, practical features, and price. The display is large and easily readable with a battery that lasts you four days on a single charge. FitBit Blaze Smart Fitness Watch is a near-perfect blend of fitness tracker and a smart watch.

**how to add friends on fitbit:** *Person Centered Medicine* Juan E. Mezzich, W. James Appleyard, Paul Glare, Jon Snaedal, C. Ruth Wilson, 2023-04-13 The 21st is being recognized as the Century of the Person, particularly in Medicine and Health. Person Centered Medicine, as a concept and global programmatic movement developed in collaboration with the World Medical Association, World Health Organization, International Council of Nurses and 30 other institutions over a decade of annual Geneva Conferences, places the whole person as the center of health and as the goal and protagonist of health actions. Seeking the person at the center of medicine, has meant a medicine of the person, for the person, by the person and with the person. Articulating science and humanism, it strives for a medicine informed by evidence, experience and values and aimed at the restoration and promotion of health for all. The textbook on Person Centered Medicine reviews this perspective as it has evolved to date and its resulting knowledge base. The book structure encompasses an Introduction to the field and four sections on Principles, Methods, Specific Health Fields, and Empowerment Perspectives. Its 42 chapters are authored by 105 clinician-scholars from 25 different countries across world regions (North America, Latin America, Europe, Africa, the Middle East, Asia and Oceania). Its vision and goals involve total health for a total person. Ongoing work and upcoming publications would focus on redesigning health systems fit to purpose, and integrating ancestral knowledge and wisdom, community members' self- and mutual-care, advances in medical science, and the contributions of health-relevant social sectors.

**how to add friends on fitbit:** Advanced Methodologies and Technologies in Network Architecture, Mobile Computing, and Data Analytics Khosrow-Pour, D.B.A., Mehdi, 2018-10-19 From cloud computing to data analytics, society stores vast supplies of information through wireless networks and mobile computing. As organizations are becoming increasingly more wireless, ensuring the security and seamless function of electronic gadgets while creating a strong network is imperative. *Advanced Methodologies and Technologies in Network Architecture, Mobile Computing, and Data Analytics* highlights the challenges associated with creating a strong network architecture in a perpetually online society. Readers will learn various methods in building a seamless mobile computing option and the most effective means of analyzing big data. This book is an important resource for information technology professionals, software developers, data analysts, graduate-level students, researchers, computer engineers, and IT specialists seeking modern information on emerging methods in data mining, information technology, and wireless networks.

**how to add friends on fitbit:** *Educational Technology and Narrative* Brad Hokanson, Gregory Clinton, Karen Kaminski, 2017-12-09 This volume is the result of a 2016 research symposium sponsored by the Association for Educational Communications and Technology (AECT) focused on the growing theoretical areas of integrating story and narrative into educational design. Narrative, or storytelling, is often used as a means for understanding, conveying, and remembering the events of our lives. Our lives become a series of stories as we use narrative to structure our thinking; stories that teach, train, socialize, and create value. The contributions in this volume examine stories and narrative in instructional design and offer a diverse exploration of instructional design and learning environments. Among the topics discussed: The narrative imperative: creating a story telling culture in the classroom. Narrative qualities of design argumentation. Scenario-based workplace training as storytelling. Designing for adult learners' metacognitive development & narrative identity. Using activity theory in designing science inquiry games . Changing the narrative of school: toward a neurocognitive redefinition of learning. *Educational Technology and Narrative* is an invaluable resource offering application-ready ideas to students of instructional design, instructional design practitioners, and teachers seeking to utilize theories of story and narrative to the ways that they convey and express ideas of instructional design and educational technology.

**how to add friends on fitbit:** *The Rotarian*: July 2016 ,

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**how to add friends on fitbit: The Gameful World** Steffen P. Walz, Sebastian Deterding, 2015-01-23 What if every part of our everyday life was turned into a game? The implications of "gamification." What if our whole life were turned into a game? What sounds like the premise of a science fiction novel is today becoming reality as "gamification." As more and more organizations, practices, products, and services are infused with elements from games and play to make them more engaging, we are witnessing a veritable ludification of culture. Yet while some celebrate gamification as a possible answer to mankind's toughest challenges and others condemn it as a marketing ruse, the question remains: what are the ramifications of this "gameful world"? Can game design energize society and individuals, or will algorithmic incentive systems become our new robot overlords? In this book, more than fifty luminaries from academia and industry examine the key challenges of gamification and the ludification of culture—including Ian Bogost, John M. Carroll, Bernie DeKoven, Bill Gaver, Jane McGonigal, Frank Lantz, Jesse Schell, Kevin Slavin, McKenzie Wark, and Eric Zimmerman. They outline major disciplinary approaches, including rhetorics, economics, psychology, and aesthetics; tackle issues like exploitation or privacy; and survey main application domains such as health, education, design, sustainability, or social media.

**how to add friends on fitbit: Change Your Weights** Gina Paulhus, 2019-01-01 You're probably picking up this book because you've tried or thought of trying countless plans to lose weight and get in shape. It's NOT your fault! It seems like every month there is a buzz about this new fitness trend or that new diet. Think about how many times in the past 20 years you've heard about a new diet or exercise plan: It's impossible to count! If these gimmicks actually worked there would be no reason to have to switch to the next trendy new plan. Aren't you tired of it? These quick-fix programs are a distraction from what you really need to learn in order to take back control of your body. Fad diets come and go, but after two decades of working as a trainer, the principles I teach on how to get in the best shape of your life have stood the test of time. This book contains 199 unique tips that you can apply today—no waiting around for your own personal transformation to start! By following even just a handful of these simple suggestions you can improve your health and finally lose weight for good. You can achieve these results without hunger, without feeling deprived, without having to work out for hours each day and without waving bye-bye to your social life. I teach you how to find the right "weigh" for you. I tackle the beast from a number angles including: --How Friends Can Affect Your Weight (this tip alone can be worth at least 20 lbs!) --Which Supplements are Actually Worth the Money (watch your weight drop while your bank account rises) --How Much Strength Training is Really Necessary for Toning (get more results by doing less!) --How Much Cardio Is Overkill and What to Do Instead (Little-known metabolism hacks revealed.) But beyond the physical,

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**how to add friends on fitbit: Research Anthology on Privatizing and Securing Data** Management Association, Information Resources, 2021-04-23 With the immense amount of data that is now available online, security concerns have been an issue from the start, and have grown as new technologies are increasingly integrated in data collection, storage, and transmission. Online cyber threats, cyber terrorism, hacking, and other cybercrimes have begun to take advantage of this information that can be easily accessed if not properly handled. New privacy and security measures have been developed to address this cause for concern and have become an essential area of research within the past few years and into the foreseeable future. The ways in which data is secured and privatized should be discussed in terms of the technologies being used, the methods and models for security that have been developed, and the ways in which risks can be detected, analyzed, and mitigated. The Research Anthology on Privatizing and Securing Data reveals the latest tools and technologies for privatizing and securing data across different technologies and industries. It takes a deeper dive into both risk detection and mitigation, including an analysis of cybercrimes and cyber threats, along with a sharper focus on the technologies and methods being actively implemented and utilized to secure data online. Highlighted topics include information governance and privacy, cybersecurity, data protection, challenges in big data, security threats, and more. This book is essential for data analysts, cybersecurity professionals, data scientists, security analysts, IT specialists, practitioners, researchers, academicians, and students interested in the latest trends and technologies for privatizing and securing data.

**how to add friends on fitbit: Play in Healthcare for Adults** Alison Tonkin, Julia Whitaker, 2016-06-23 PLAY. We all do it: wordplay, love play, role-play; we play cards, play sport, play the fool, and play around. And that's just the grown-ups! It features in every aspect of our lives, whether we call it by that or another name. We all do it, but why do we do it? What does it mean to play and what, if any, difference does it make to our lives? Most crucially, and central to the theme of this book, is the question, 'Does play have a positive impact on our health and wellbeing, and consequently a role in modern healthcare delivery?' The contributors to this book provide a comprehensive overview of how play and play-based activities can be used throughout the adult lifespan to promote health and wellbeing within the context of healthcare service delivery for patients, their families and communities, and for the staff involved in their care. Responding to current global health concerns such as obesity, coronary heart disease, dementia and mental health, the book argues that play and playfulness offer a means of protection, promotion and recovery of positive health and wellbeing. The human tendency for play and playfulness as essential to personal growth and development lie at the heart of the discussion. This book will be of interest to all those working in health or social care settings, including nursing, social work and allied health students and professionals and those working within the therapeutic disciplines of art therapy, music therapy, and recreation alliances.

**how to add friends on fitbit: Encyclopedia of Information Science and Technology, Fourth Edition** Khosrow-Pour, D.B.A., Mehdi, 2017-06-20 In recent years, our world has experienced a profound shift and progression in available computing and knowledge sharing innovations. These emerging advancements have developed at a rapid pace, disseminating into and affecting numerous aspects of contemporary society. This has created a pivotal need for an innovative compendium encompassing the latest trends, concepts, and issues surrounding this relevant discipline area. During the past 15 years, the Encyclopedia of Information Science and Technology has become recognized as one of the landmark sources of the latest knowledge and discoveries in this discipline. The Encyclopedia of Information Science and Technology, Fourth Edition is a 10-volume set which includes 705 original and previously unpublished research articles covering a full range of perspectives, applications, and techniques contributed by thousands of experts and researchers from around the globe. This authoritative encyclopedia is an

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Riskhan, Basheer, Hussain, Khalid, Safuan, Halawati Abd Jalil, 2025-07-09 In today's digital landscape, mobile applications play a role in personal and business operations, making their security and performance critical. Smart assessment methodology offers a structured and intelligent approach to analyzing mobile apps, combining techniques to identify vulnerabilities, performance issues, and compliance issues. Unlike traditional testing methods, this intelligent framework adapts to evolving threats and application environments, providing deeper insights into app functions, data practices, and user interactions. By implementing smart assessment methodology, developers and security professionals can enhance app reliability, optimize user experience, and ensure adherence to privacy and security standards while reducing overall risks. Analyzing Mobile Apps Using Smart Assessment Methodology examines how assessment methodology can be applied to analyze mobile applications for security vulnerabilities, performance issues, and compliance with industry standards. It explores the integration of intelligent techniques to provide a comprehensive and adaptive evaluation of mobile app behavior and risks. This book covers topics such as cloud computing, gamification, and smart technology, and is a useful resource for engineers, educators, academicians, researchers, and scientists.

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