

ABSTRACT

Disclosed is a wearable device capable of reducing a body fat. The wearable device includes a first light emitting diode (LED) source configured to emit a first light having first wavelengths; a second LED source configured to emit a second light having second wavelengths; vibration motors; a microprocessor configured to interpret an operation control signal and to generate a first control signal and a second control signal based on a result of the interpreting; and a battery configured to supply operating voltages to the first LED source, the second LED source, the vibration motors, and the microprocessor. At least one of the first LED source and the second LED source is turned on in response to the first control signal, at least one of the vibration motors is turned on in response to the second control signal, and the microprocessor is configured to accumulate and record a first on-time of the first LED source, a second on-time of the second LED source, and third on-times of the vibration motors.