

TECH, GADGETS AND GAMES

T3.com editor's gadget of the week - Ki Fit Armband

Your views

Weight-loss device helps you count the calories and track your exercise
By KIERAN ALGER - Wednesday, September 16, 2009

Have you been over-indulging lately? Want to lose some weight, but baffled by the complex diet schemes and bizarre gizmos on offer that claim to help your slimming? Don't worry, help is here.

T3.com editor Kieran Alger gives us the lowdown on a gadget that keeps things simple while helping you beat the fads and battle the bulge.



Keep it simple: the Ki Fit armband helps you keep track of the calories you're burning

What is it?

Check out the bulging shelves of the Dieting section of your local book shop and you'd be forgiven for thinking that losing weight (or indeed gaining it) is rocket science.

But finally there's a gadget on the market that cuts through the fad dieting flannel to prove what we've always suspected - it's not.

The Ki Fit armband takes the basic principle of eat less, do more and packages it into a tidy armband monitoring system that

synchs with a personal web-based activity manager to give you accurate and detailed information about the calories you burn and those you consume.

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What's special about it?

The clever FDA approved armband sensor system is the only multi-sensor device that can accurately track calorie burn, physical activity, steps taken, sleep duration and sleep efficiency with clinical precision.

By monitoring a range of vitals including body temperature, motion and galvanic skin response (or sweat, to you and me), the Ki Fit logs your daily activity and distinguishes between moderate and vigorous exercise.

At the end of the day you simply upload the data via USB to your personal activity manager and a range of graphs will tell you if you've done enough exercise to really battle the bulge or if that lunchtime burger has blown your calorie limit.

Even more impressive, the three-way motion sensor also combines with body temperature to track when you're lying down and awake or prostrate and asleep. That means you get minute-by-minute reports on how well you're sleeping.

Most of us also need a bit of a kick when it comes to keeping in shape and help is at hand there too. A bit like a personal nutritionist and trainer all in one, the Activity Manager tool lets you set personal targets and tells you how much activity you need to do to achieve them.

So if you want to lose 5kg to squeeze into that suit by November, the Ki Fit will tell you exactly how to adjust your daily exercise routine to get back down to the 34" waist. You'll know if you need to walk more, increase your moderate exercise or hit it harder in the gym to reach that dream weight.

Anything else I should know?

There is one small thing. In order to track the calories you consume, you'll need to input everything you eat into the Activity Manager. Without that you'll only be able to see what you're burning.

There's no getting round the fact that this is a little arduous but the inclusion of a database of over 10,000 food products makes life a little bit easier. You can also store your favourite meals if you do want to be a bit more meticulous and add your own nutritional values for home cooked meals.

How much does it cost?

The Ki Fit armband monitor will set you back £149.99 with an additional £50 if you want the optional display unit thrown in.

In order to access the suite of web based tools you'll need to pay a subscription. There are many different payment plans with the standard monthly fee coming in at £10.58 or a 12 month package for £118.56. Three and six month options are also available.

When and where can I get it?

The Ki Fit is available now and you can find out more details about subscriptions and order one here at the at www.kifit.co.uk.