

## KI FIT ARMBAND

£149.99 (kiperformance.co.uk)

Ever wanted to know exactly how many calories you burn every day? Invest in this clever piece of kit and you'll get a hard dose of reality – whether you like it or not! Here's the science bit: the armband works by measuring your movement, galvanic response (how much you sweat), skin temperature, your body's heat flux and steps. You can then check your results online with Ki Fit's activity manager. Here, you can input your daily calorie intake and see if you're losing, maintaining or putting on weight.

**VERDICT:** "This gadget is like winning the slimming jackpot," says deputy editor Genevieve Mullen. "It really helped me to understand how my body works, and where I need to make improvements. It's a little complicated to set-up – a degree in technology would come in handy – but once you get going it's pretty simple to follow."

