

## A GIRL'S BEST FRIEND

Could the days of the personal trainer be numbered? Meet **Ki Fit**, £149.99 at [kifit.co.uk](http://kifit.co.uk), a multi-sensor armband that gives you astounding insights into the workings of your body. Its prime objective is to help you control your weight with scientific precision. In independent clinical studies, Ki Fit held its own against a £25,000 portable oxygen analyser (which is recognised as the gold standard for calorie analysis). The armband contains an 'accelerometer', a device that calculates motion. It monitors how you move in a variety of ways, measuring steps, sweat and skin temperature with an electronic thermometer. All the information is downloaded by plugging the gadget into your computer, and the signals from each sensor are analysed by algorithms (a sequence of instructions). These are then compared against your food diary, which you type into Ki Fit's website, for analysis of your food's nutritional content. You don't need to be a scientist to interpret the data. A series of graphs and pie charts reveals all your bad habits, but the personal insights are incredibly motivating. It's fascinating to see how many calories you burnt while you slept or how a day behind a desk can make you fall radically short of the recommended 10,000 steps a day. You can programme the armband to set healthier targets, and for many people these small lifestyle adjustments are a welcome relief to radical yo-yo dieting. Beware though: logging on for your daily reports is more addictive than Facebook. □