

# VOGUE

## BEAUTY & HEALTH

### Future proof

Reinvigorate your body for 2010 with boredom-relieving exercises and the new, need-to-know health agenda. By Nicola Moulton and Jessica Hogan

#### The life-changing gadget

Accountability is the latest obsession in fitness. And nothing makes you more accountable than wearing a device that tells you how many calories you've burnt. The **Ki Fit System** armband, from £149, left, is a genius piece of techno-wizardry with amazing accuracy. It's used by athletes and it calculates not only how many steps you've taken and the calories you've burnt, but whether your workout was vigorous or only moderate for your fitness level. Download the data on to your computer to see graphs of your day's exertions, and log your food intake. Ultimately, though, the responsibility is all yours - if you only burnt 100 calories cycling to work, there's no justification for that cream cake. Well, if you decide to log it, that is. Visit [Kiperformance.co.uk](http://Kiperformance.co.uk). CS

