

At Running fitness we're lucky enough to be sent products that are at the cutting-edge of innovation. We thought you'd like to read about them too!

Ki Fit £99 (plus £12 a month subscription)

WOULDN'T IT BE nice to know exactly how many calories you burn in an entire day? Well now it seems that you can.

The Ki Fit claims to be the first medical-grade device in the UK that can accurately measure your calorie expenditure on a day-to-day basis. The Ki Fit band is worn on your upper arm and monitors the way your body responds to activity.

You get a read out of total calories burned, steps taken and even your sleep quality. And when you log your food and drink intake alongside it, you can tailor your diet and running - whether you want to lose or gain weight, or just balance your nutrition to give you more energy. It's simple to use, accurate and incredibly empowering.



Rather depressingly, you can opt to have the 'display' showing current calorie burn - sitting here writing this piece is only burning a measly 1.7 calories per minute. What it does do, however, is provide the motivation to get off your butt and go for a run! And it certainly shatters any illusions about that 'I've just been for a run, I can eat that cake' mentality.

The reality for me in testing the Ki Fit, was that I'm slightly more active than I thought (approx 2,500 kcal per day without exercise) - so the school run, dog walk and general day-to-day activity adds up to more than I thought. Add on the hours of running and cycling I do and it's no wonder that when I try

to lose a few pounds, I end up exhausted and hungry.

The only downside is that the food logging system tends to be a bit onerous to begin with, but once you've entered all your normal food brands it gets easier. In a nutshell, however, this is a superb weight management tool for runners - whether you're a beginner or elite. It is enlightening and really helps you truly understand your 'calories in/calories out' equation, making for better food choices, improved energy levels and weight loss.



www.kiperformance.co.uk

Dr Optic Lens Wipes and Optical Cleaner

THIS MIGHT SEEM like a slightly odd product to be reviewed in a running magazine, but bear with us here. As we head into the summer months, most of us will be donning our sunglasses to go for a run or bike ride and there's nothing worse than smeary, greasy and sweaty lenses is there? This is where Dr Optic comes to the rescue. Its individually wrapped wipes are perfect to pop into your kit bag or glasses case and give your shades a wipe before you head out for a run. And they really do work. Rather sceptically, we tried them out and were pleasantly surprised. They quickly cleaned all smears and marks, drying quickly and leaving our running shades perfectly clear. The range contains two specialist products (wipes and a spray), each with a laboratory-tested formula that specifically cares for and cleans even the most sensitive and expensive coated lenses. These include removing smears and smudges from prescription glasses and sunglasses.

Optical Lens Wipes are available in packs of 24 (RRP £1.99) and 12 (RRP £1.29) and are perfect for carrying in bags, glasses cases and pockets, as they are packaged in individually wrapped and sealed sachets.

