



There's no arm trying
Ki Fit

£150 | www.kifit.co.uk

If you must go on a diet, make it fun with technology. Ki Fit's armband sensor measures activity, working out how many calories you've burned walking to the vending machine for a Twix. Giving up your weekly Mexican spicy meat feast pizza and barbecue wings mega-combo isn't going to be easy, but with some encouragement from a toy telling you to eat less and walk more, you might be nagged into running it off the next day.