

Banish the Atkins to the Noughties. A new gadget that monitors every calorie you eat and burn claims to be the answer to your dream body. *Stylist's* Emma Smith tries it out

Confession time: my body is not what it once was. Since hitting my 30s my devotion to Hula Hoops can no longer be disguised. I've attempted nearly every diets but long hours mean convenience lunches of sandwiches and crisps are the norm while the lure of wine gets me every time. The result? In the past six months, I've gone up an entire dress size without even realising it. But in the spirit of the new decade, I'm ready to take action. Enter the new Ki-Fit System armband. It's a gadget that monitors every step you take, every calorie you burn, the total minutes and quality of your sleep and shows you, in full detail, how spikes of stress or intense exercise boost your body's calorie burning. You wear the Ki-Fit on your

tricep all day, logging every item of food or drink you consume in 24 hours onto your personal database on the Ki-Fit website. You then sync the armband to your computer via a USB to give you a visual breakdown of the calories burnt and the calories taken in (and how the two balance out).

But even with a gadget monitoring my gluttony, I'm still undisciplined. So I decided to ask Holly Pannett, personal trainer to Stella McCartney and Kate Moss, to give me a helping hand. She agreed to be my food and exercise conscience for 35 days and help me shift the 5kgs that have crept on over the last 12 months. She prescribed three weekly weight workouts with her plus two solo cardio sessions. Oh, and this all happened over Christmas. Find out how I got on...

GO GO GADGET ARM

DAY 1

Dominic, an advisor on Ki-Fit gives me the low-down on my new gadget. The plastic armband is a tricky accessory to coordinate with my wardrobe but every evening it tallies up a colourful pie chart to show exactly where my daily calories are coming from. The results are shocking. When I put in my evening meal it showed that 50% of my calories came from red wine! I'm going to have to be ruthless.



DAY 2

I'm nursing a killer hangover but just seeing on the Ki-Fit how much the previous evening's drinking disturbed my sleep - I lay awake between 2.30am and 5am - has got me obsessed with the amount of shut-eye I'm getting. When I logged my weight, my goals and regular lifestyle factors with Dominic (ie time I go to bed, meal times etc), Ki-Fit told me I should be aiming for eight hours sleep to shed my excess pounds. According to sleep expert Dr Tej Samani, "Lack of sleep has a direct effect on the metabolism as it dramatically slows metabolic function leaving you unable to burn calories." Eek.

DAY 5

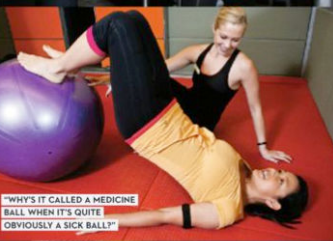
I have my first session with trainer Holly. She has enrolled me into the Third Weigh Programme where she monitors my activity through Ki-Fit, and carefully plans a diet for me as well as prescribing treatments to accelerate weight loss such as hydrotherapy, colonics and massage. She's certainly thorough. We go through all my habits including how long I chew my food, an examination of my tongue and she even asks me to describe how often I go to the bathroom.

Holly tells me that my major diet downfall is a lack of protein. It's also the culprit of my constant tiredness. I don't actually eat that much every day,

"I'm more clued up about hidden food traps like granola"

but the choices I'm making are terrible. My morning slice of rye toast with butter and Marmite will do nothing to replenish my system. The key is a protein breakfast of either egg whites, beans or lean bacon.

Next she measures my fat-versus-muscle ratio. The good news is I'm not overweight for my size, her machine says I only need to lose 1kg, but Holly tells me I need to look at my fat percentages as this is what controls the speed of my metabolism. This



stands at 23.8% (which is not high but hardly elite athlete either). Holly wants me to reduce this by 5%.

DAY 8

Working out with Holly is tough. She prescribes various resistance-training moves using weights and pullies in the gym. My abs go into shock. But I persevere when Holly tells me that weight training can be more effective than low-intensity cardio because strengthening your muscles immediately power charges the metabolism, giving better calorie burn even when you're doing nothing. I check my Ki-Fit to see how many calories our weights session has burnt. Weirdly the number reads 750 - a pepperoni pizza - and is 300 calories more than my hour-long run I went on the night before. Seeing the effect activity has on calorie burning makes me get off the Tube early and walk the extra stop.

DAY 14

Inevitably, trying to stick to a diet over Christmas is tricky. Admittedly I know exactly what the culprit is... booze. As I stagger home after our *Stylist* Christmas

party I realise I've had nine drinks - five glasses of red wine and four vodka tonics. Shameful. I run into personal trainer Roland White from Healthtext.co.uk (a text well-being service that's like having a personal trainer on your phone) who tells me alcohol is making it harder for my body to switch into recovery mode, hence stimulating the stress hormone cortisol and leaving me with erratic sleeping patterns which really weaken my immune system (and my resolve as I have a pizza for supper). Ki-Fit tells me I've consumed 300 more calories than I've burnt.

DAY 21

My last workout with Holly before Christmas and she really pushes me. But afterwards I realise I've lost 3kg. I head home for Christmas with a renewed motivation and although I'm still logging all my food, I feel like I'm much more educated about the food choices I'm making.

DAY 24

It's Christmas with my parents and post lunch I've managed to consume an impressive 1,500 calories over my recommended daily intake. Oops. Thankfully we take the dogs out for a two-hour walk and I note that I've burnt 900 calories. I'm learning that keeping fit is a question of balance.

DAY 28

With all the festivities out the way, I've managed to be pretty good. My Japanese mother is hawk-eyed when it comes to fatty foods so she happily makes me grilled lean meat, fish, and plenty of vegetables.

DAY 30

It's New Year's Eve and we're having a low-key evening in with friends. I'm a little worried about how much we'll end up drinking but Holly's words echo in my ear. Is a night of broken sleep and a sluggish metabolism the best way to start 2010? Not for me.

DAY 35

Happy New Year. Hello 2010 and hello bathroom scales - I've managed to lose the 5kg and I have more energy. I'm much more clued up on hidden calorie traps like seemingly healthy granola. And looking at my sleep patterns, good-quality sleep has increased from a scattered 45 minutes here and there to deep three-hour stints. I see Holly for another session. She gets me back on the fat-measuring machine and my fat percentage is down by 6%. I've over-achieved. Definitely a first! The best thing about Ki-Fit for me is that it's opened my eyes to my choices, not just in terms of food but also in lifestyle. It's like having a permanent personal trainer and dietician strapped to my arm. I've found a gadget that's transformed the way I live - a true miracle.

- ◆ Ki-Fit starts from £99.99 (kiperformance.co.uk)
- ◆ The Third Weigh Programme starts from £1,600 for 22 personal training sessions, Ki-Fit, nutritional consultation and food deliveries (thethirdspace.com)

HI-TECH GADGETS TO TRY AT HOME

◆ **FITNESS APPS FOR PHONES**
iPod Nanos double up as a pedometer and the iPod Touch has hundreds of fitness apps including a Fit Test and Jogging Coach.

◆ **WII'S YOUR SHAPE**
Your *Shape* carries out a 360° scan of your body to help you decide the parts of your body you would like to improve (£49.99, yourshapewii.com).

◆ **IJOY RIDE**
Tone up your core muscles and flatten your stomach with the iJoy Ride. It's like ike horse-riding in your own home (£425, johnlewis.com).



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