

Ki Fit ***BY KI PERFORMANCE***

Price: £99.99

Stockist: **Ki Performance**

Not only is the Ki fit highly addictive, it really has changed my outlook on my health. Before using the Ki Fit, I would get the bus everywhere and rarely stepped foot into anything resembling a gym. But with the Ki Fit, you can't hide from the truth.

This 'Lifestyle and Calorie Management System' is basically an armband with a metal plate that measures all manner of things such as how many calories you burn, how many steps you take, how much moderate and vigorous activity you do and even how long and how well you sleep for. You simply work out what you want your goals to be such as how many steps each day and how much activity and then upload your data whenever you can to your personal page on the Ki Fit site (you get your own login and password when you sign up). The only things it can't monitor are your weight and what you have eaten, these you upload manually (it's super simple to do).

The armband holds up to 14 days worth of data, so when I couldn't get to a computer I didn't need to worry about losing any data. Also, it rarely needs charging, I used it for two whole weeks and didn't power it up once.

Every day the Ki Fit told me on the monitor (that you can attach to your clothing) how I was getting on – calories burned, steps taken, activity done – and also yesterdays results, so I could compare.

Highly addictive, it was so easy to use. I would happily wear it every day of the year. It has taught me that to stay healthy you don't need to put unrealistic demands on yourself just make healthier choices. I am putting the chocolate down, and avoiding the bus from now on.

Amy Lawrenson, Web Beauty Assistant

