

Monitoring performance



Now you can accurately and constantly measure your calorie intake, sleep patterns and other vital information, writes DAVID LOWES

LOOKING for something different that will scrutinise your performance in a unique way? Then Ki Fit may be what you're looking for. Whether in competition or training, optimum fuelling and recovery is the key to continual good performances, but how do you measure your body's demands?

Athletes know about the benefits of pre and post-activity fuelling, but the body works non-stop 24 hours a day and Ki Fit provides accurate body monitoring 24/7. This can make a huge

difference and the medically certified on-body monitor will prove it. Simply wear the Ki Fit armband day and night while it monitors your body minute by minute through its innovative sensors, which automatically track energy burn and physical activity intensity and duration not only while exercising but while sitting at your desk or watching TV. More interestingly, the Ki Fit armband monitors sleep quality and duration, including the number of times you wake up to how long it takes to fall asleep. This is very important to an

athlete as even though you may think you've had eight hours sleep, the reality could be that it is much less than that. For athletes training hard, this reduced sleep can lead to an increased chance of injuries and illness.

The system also allows you to manage your fuelling with precision through the Online Activity Manager. Log what you've eaten on a daily or three-day basis while it generates a complete analysis of your macro and micro-nutrients.

This is then calculated against your energy burn so you'll know whether you're on track. The Online Activity Manager does all the work. It stores and presents your information and produces personalised reports across the days, weeks and months.

So how does it work? The armband contains a whole range of sensors, which take five different "views" of your life, measuring: motion (an accelerometer calculates how you move in a variety of ways and lets you understand any activity more fully); galvanic skin response (when you sweat, your skin becomes more electrically conductive and measuring this helps the system judge how active you are); skin temperature (an electronic thermometer inside your armband

evaluates how hot you are); heat flux (when you move, your muscles produce heat and the device can assess the levels of heat that flow from your body into the environment); steps (it counts your steps, using the accelerometer to analyse the precise patterns you create by walking or running).

Of course, there are many products on the market that measure specific metrics during particular parts of your day, but the Ki Fit is not a heart rate monitor, a GPS device or pedometer. In fact, it's different from any other performance monitor on the market because it gives you a comprehensive view of your total activity on a daily basis. The characteristic signals from the sensors allow them to determine what type of activity you are doing.

This is important because the human body burns calories differently depending on the activity. When your armband data reaches the website, the signals from each different sensor are analysed by algorithms which match them to calorie burn levels. Different algorithms measure different activities.

The running algorithm, for example, knows how the motion and temperature sensors relate to calorie burn when you're running, while the resting algorithm matches another set of sensors and their relationship to calorie burn when you're resting.

So is the Ki Fit a fad or something that is really useful? It certainly gives data that no other product matches and for any athlete who is serious about their event, this is a very valuable tool. It should be of great interest to coaches who have athletes who are serious contenders for championships.

By monitoring their lifestyles as well as their training habits, any potential overtiredness syndrome may be averted so they maintain their homeostasis for excellent performances.

Priced from £99.99 plus subscription, Ki Fit can be purchased online at www.kifit.co.uk

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