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HEALTH & FITNESS

READY, SET, TRACK

HTC and Under Armour have unveiled the UA Healthbox™, the world's first connected fitness system that monitors and manages sleep, fitness, activity and nutrition. Showcased at a tech summit in Las Vegas in January, it's tipped for its UK launch this year and consists of a heart rate monitor, a fitness band that tracks daily activity and sleep, and a Wi-Fi enabled scale, which all sync with the UA Record app. With data in one place, it's easy for users to see where improvement is needed: the system aims to not just monitor activity, but "present information in a meaningful way," says Robin Thurston, chief digital officer at Under Armour. *UA Record is available for download from the Google Play™ store and App Store, UA HealthBox, \$400 (approximately £274) htc.com; ua.com*



SUPERFOOD YOUR DAY

This month, fresh food-to-go retailer EAT has exciting new menu additions such as nutritious matcha porridge. With just 201 calories per serving, each pot is packed with antioxidant-rich matcha, a Japanese green tea which releases small bursts of caffeine to boost energy levels throughout the day. The matcha, oats and milk blend is topped with blueberries for an extra health kick. *EAT, Canada Place*

NEW YEAR, NEW WORKOUT STYLE: ELECTRICAL MUSCLE SIMULATION (EMS)

A 20-minute workout equivalent to three hours in the gym, is surely the dream for many. And, it's makers promise the new E-Pulsive training regime delivers results quickly.

The high-tech sessions entail strapping an electric vest and pads onto your back, abdominal muscles, legs, glutes and arms, while guided through a series of lunges and stationary sprints by an E-Pulsive personal trainer who can bring the equipment virtually anywhere. An electric current delivers impulses through electrodes, causing muscle contraction, meaning muscles work harder and more are targeted at once: your body vibrates as if it's being pummelled. Unsurprisingly, the technology is already popular in Germany with the Bayern Munich team, and also with sportsmen like Usain Bolt and Rafael Nadal. *E-Pulsive training, available at any preferred location, from £35 when booking multiple sessions, e-pulsive.co.uk*



SHOW OFF WITH AN EMOJI

For renewed gym motivation, download Virgin Active and Swyft Media's Emojivation Pack of 36 health and fitness emojis, for a simple and quirky way to share fitness achievements on social media. Emojis include a yoga tree pose, squats and lunges and motifs based on other classes available at Virgin Active. *Available for Apple and Android phones, Virgin Active Canary Riverside, Westferry Circus, virginactive.co.uk; swyftmedia.com*

