

» TECH TALK

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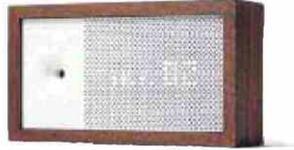
HUAWEI BAND 2 PRO £79

IT MAY look like a Fitbit, but the Huawei Band 2 Pro is substantially cheaper – and just as good. Not only does it monitor step-tracking (which is what cheap fitness bands are often limited to), but it also contains GPS, a heart rate sensor and deep sleep-tracking capabilities. It also looks more expensive than the £79 price tag. A great gadget for the budget-conscious.



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As sure as spring follows winter, so do many of us vow to get healthy after the excesses of Christmas. A new gym membership is the common way to go, but, as always, there are gadgets out there to help you get healthy



AWAIR £179

DID you know that the air in your house can be more polluted than outside, affecting allergies, asthma, concentration and sleep quality? This stylish little box monitors temperature, humidity, carbon dioxide, chemicals and dust, and sends the info to your phone. I was astonished at the dust levels in my bedroom, which may explain my constant runny nose. The Awair may seem expensive, but it may well be money well spent.

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TERRAILLON R-LINK £99.99

FEELING fat after the Christmas blow-out? Who isn't? Then let these scales (literally) take the strain by analysing body fat, muscle mass, body water and bone mass so you can lose weight without losing muscle. There are, of course, other scales that do that, but few are as stylish as this with its stainless-steel casing. Terraillon also claim the R-Link is the thinnest scale in the world at just 12.5 mm.



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