

COMPANY magazine

health...

Lifestyle tips to get you feeling (even more) fabulous



MAGIC SHOES

We'd love Kate Hudson's pert bum - so, since she's reportedly a fan of Chung Shi shoes, we are, too. The sole makes you work muscles, improves core stability, and helps with cellulite and tummy toning - all while you walk! Visit www.ljmsports.co.uk, or call 01675 430115, from £129



Get pert and lose the pounds with Chung Shi shoes

