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Magic reflexology trainers that help stars stay in trim

To get in shape like Jerry Hall you don't have to hire a personal trainer - just get a pair of magic trainers. The model and actress, 50, says a revolutionary new shoe has helped her tone up without going anywhere near a gym. Chung Shi trainers might look like ordinary running shoes, but they hide a secret built-in "balance bar" that forces wearers to constantly realign their posture as they walk.

And the extra workout helps tone up the muscles and encourages the pounds to drop off.

The shoes are also said to help reduce cellulite, thread veins and help get new mothers back into shape.

Jerry told the Daily Express: "Within an hour of wearing Chung Shis I already felt they were working their magic. "The shoes naturally encourage better posture and stretch your muscles to feel like your body is newly energised. "I've been wearing them around the house and so has my daughter Lizzie."

Famous fans include former reporter Jennie Bond, 56, Goldie Hawn, 60, and the glamorous cast of Desperate Housewives.

SECRET WEAPON:
Shoes that help you lose weight every day



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