

Daily Mail

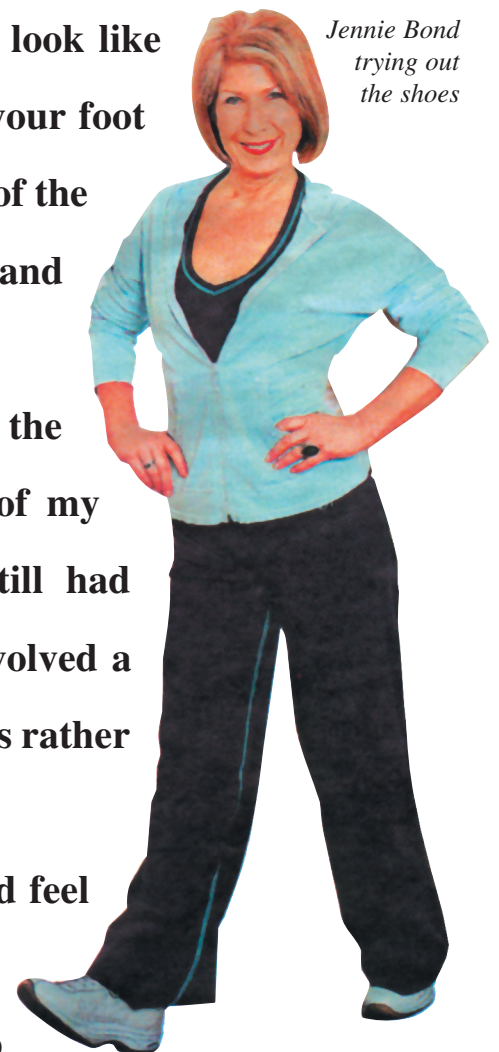


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A PAIR of shoes with on-board Pilates and reflexology? I snorted with laughter at the very thought ‘One woman lost more than a stone by wearing them,’ said the voice on the other end of the phone. ‘Her husband says her bum has halved in size. Do you want to try a pair? My snorting turned to mild amusement, rapidly tempered by a desperate urge to believe that it was true: was it really possible that simply by wearing a pair of shoes I could change my shape, shed pounds and tone my body? I had to give them a go and two days later, I was swaying gently on my new powder-blue Chung Shis. The first surprise is that they look like ordinary trainers - until you notice that you can’t put your foot flat on the ground. The reflexology bar across the centre of the sole sees to that: it forces you to re-align your body and redistribute your weight.

Once safely strapped in, I tottered gingerly around the wine bar that was our rendezvous for the hand-over of my ‘magic shoes’. I noticed immediately that standing still had become a subtle balancing act and that walking involved a rocking motion from heel to toe which works your muscles rather as if you are climbing a hill.

Almost immediately my scepticism began to fade. I could feel that my posture had changed; my stomach muscles were tightening and my backside was clenched to help me keep my balance. It felt good.



Jennie Bond
trying out
the shoes

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