

## DIET & FITNESS *Your* **LIFE**

### Trainers that beat cellulite

At 51, **Jerry Hall** has got a body women half her age would kill for and now mum-of-four – whose kids include M&S model Lizzie Jagger – has revealed her secret.

It's the new Chung Shi running shoes. "Within an hour of wearing them I had already felt that they were **working their magic**", says the supermodel. "The shoes naturally encourage better posture and stretch your muscles. I've been wearing them around the house and so has Lizzie!"

The £129 trainers have a built in "balancing bar" that encourages perfect posture and so helps ward off a pot belly. Plus the bar increases your circulation, which is good for reducing cellulite.

• **Reader verdict: Lorraine Lally, 54, from Old Windsor Berkshire, says:**  
"They made me throw my shoulders back and suck in my stomach – I felt tall and slim straight away."

