

YOU

MAGAZINE

A STEP TOWARDS TONED THIGHS

Imagine a shoe that improves your circulation and posture, helps weight loss and even reduces cellulite as you walk. Too good to be true? Maybe not: Chung Shi trainers claim to do all this thanks to their curved soles, which encourages you to walk heel to toe. This strengthens back and pelvis muscles, gets hip and thigh muscles working harder, and burns more calories. Our tester was impressed with the award-winning Balance Step All Weather Shoe. 'My posture improved as I had to stand straighter in order to keep balanced. And I felt that my thigh muscles were getting a mini-workout as I walked.'

