

MAIL ON SUNDAY

you

M A G A Z I N E

Step into a model's shoes

A little secret: I normally don't like trainer-type shoes - they can look and feel elephantine. But Chung Shi fitness shoes changed my mind. The 'balance-step travel' shoes look great and the instep reflexology bar not only works out your lower body (toning buttock, stomach, thigh and calf muscles) but enables you to float for miles on hard pavements. By stimulating the gut area, they also claim to aid weight loss, diminish cellulite and reduce varicose veins. Supermodel and Chung Shi fan Erin O'Connor says: 'My posture is a lot better, and they've helped decrease my water retention. Every model should have a pair.' Maybe every mortal should too... NB: the rolling action takes getting used to.

**Chung Shi Balance Shoes,
from £129, tel 01675
430115, ljmsports.co.uk**



SARAH STACY'S *healthnotes*

