

TRIED & TESTED

toning shoes

Anjana Gosai steps into the supermodel's shoes that promise a Pilates body

Last year's toning miracle shoes were the much sought after MBTs, but Chung Shi's are set to steal their crown. Chung Shi's are said to work out your lower leg muscles 200 per cent harder than regular shoes, while MBT's only promise a 19 per cent increase. Meanwhile, their subtle appearance (they could easily pass for a regular pair of trainers) is what's making them a hit with supermodel devotees such as Erin O'Connor and Natalie Vodianova.

The trainers are available in several colours, but I go for the safe option: white. I'd advised to practise walking in the Chung Shi's indoors for at least half an hour, before I venture outside.

There is a reflexology bar in the centre of the curved sole, which creates a rocking motion and prevents my heels and toes touching the ground at the same time. This rolling action strengthens my cores muscles and activates foot reflexology zones.

I soon get the hang of walking in Chung Shi's and feel like I'm in a secret Pilates session when I'm wearing them. They encourage me to draw in my abdominals, and walking with a straighter back makes me feel graceful, despite the shoe's sporty appearance.

After 2 weeks my calf and thigh muscles are leaner and more defined, and I had lost 2 pounds.

NO PRESSURE:

The curved soles reduce pressure points on the feet.

LOW IMPACT:

Chung Shis engage the core muscles and tone the legs and buttocks.

MASSAGE:

The shoes activate the foot's reflexology zones.

STRAIGHT UP:

Standing up straight improves posture and flexibility of the joints.

