

Woman's Own

CHUNG SHI SHOES

CELEB Tamzin Outhwaite **BEST FOR** Pelvic girdle

Ex-Hotel Babylon star Tamzin Outhwaite, 37, who's six months pregnant, has revealed to *Woman's Own* that she's using Chung Shi Shoes to strengthen her core muscles and help snap her tummy back into shape after the birth. The soles are uneven, forcing the stomach muscles to work to maintain balance. Tamzin says, 'I can feel such a difference in my posture. The pain in my back has improved, and as I'm exercising while out and about, I don't have a struggle to make time for the gym.'

**BEST FOR
PELVIC
GIRDLE**



**Shape up
while you
walk in these**

• **Price:** from
£129 (go to
[www.ljmsports.
co.uk](http://www.ljmsports.co.uk) or call
01675 430 115).




chung shi
time to balance