

Too busy to exercise?

On-the-go toning is easy with these smart sneakers!

Sure, you love your tried-and-true tennis shoes, but here's an excuse to splurge on some new footwear: "The latest designs in sneakers give wearers major health and beauty benefits," says William Faddock, D.P.M., a podiatrist in Atlanta. "Women are able to reduce cellulite, build calorie-burning muscle mass and alleviate back pain, all as they go about their busy days." Read on for the cutting-edge sneaker technology that will help you oh-so-easily get in shape for shorts weather, supercharge your energy and so much more!

Tone butt and thighs

Taking your first steps in Earth Shoes will feel strange at first.

That's because with its "negative sole," the shoe's heel rests lower than the toe box to simulate walking uphill at a 3.7-degree incline. The advantage: double the butt and thigh toning, plus a 25 percent greater calorie burn compared with walking on a flat surface—but without the huffing and puffing of climbing a mountain, says exercise physiologist Greg Landry, co-author of the audiobook *Women's Health & Fitness* (Topics Entertainment, 2005). Try: Earth Energetic (\$109; log on to Earth.US or call 877-372-2814 for stores).



Also ups calorie burn by 25%!

Melt away cellulite

The Masai Barefoot Technology (MBT) sneaker is designed to mimic walking on uneven terrain, an activity that's proven to increase circulation to the hips and thighs to flush trapped cellular fluid and reduce orange-peel skin. Plus, it tones the core muscles of the stomach as the body works to maintain its balance with each irregular step. To buy the shoes (regularly \$245), visit PegasusShoes.com or call 800-573-2373. Get 10 percent off and free shipping by using the code "First" by June 1, 2007.

Also tones abs!

10% off!



Optimize energy

A spring in the heel allows Z-Coil shoes to cushion the joint-pounding impact of walking and propel the wearer forward so less energy is needed to get around. And the benefits are real: People feel less fatigue and report less joint and back pain, attests Gary Prant, D.P.M., a podiatrist at Arbor Foot Health Center in Austin, Texas. Try: Freedom 2000 (\$190; log on to ZCoil.com or call 800-268-6239 for stores).

Also eases back pain!

