

STEP IN THE RIGHT DIRECTION

From Weight Loss To Toned Tummies, These Shoes Promise More

Customers looking to shed a few extra pounds will want to slip into **Power Diet Shoes**; each pair, such as Sport (\$139), comes with interchangeable weighted insole technology that helps to burn up to 50 percent more calories while toning and shaping the lower body and core muscles. **SpringBoost's** Motion/Spirit (\$140) is giving customers more than a lift; the brand's Dorsi Technology, which positions the heel lower than the ball of the foot, improves posture while toning the core, leg muscles and glutes. Mishon, a new closed-toe option from **FitFlops**, features the company's exclusive microwobbleboard; the technology has been proven to reduce ankle, knee and lower back pain, as well as tone calves and thighs while you walk. **Earth** is helping customers across the universe burn more calories with every step. Kalsø Negative Heel Technology, which is found in all of the brand's styles, including Nolita (\$129), positions toes slightly higher than the heels, which shifts the body weight back for increased leg toning, straighter posture and better breathing. **Z-Coil** is putting some spring in consumers' steps with its conical steel coil, as seen in Loryn (\$219.95). Set in the heel, this shock-absorbing technology cushions the impact of walking and delivers a 40- to 50-percent energy return, so wearers feel less pain and fatigue at the end of the day. **MBT's** Lami (\$230) is a stylish alternative to added value comfort, as the Masai Barefoot Technology helps solve and prevent musculoskeletal problems, including back, knee and joint pain, by stimulating the body to balance itself. —*Jillian Dauer*



FitFlops



Earth



SpringBoost



Power Diet Shoes



Z-Coil



MBT