

WALK LIKE A WARRIOR

OK girlies, fasten your seat belts because I have just learned the cure for floppy bottoms, unsightly cellulite and thunderous thighs – and it doesn't involve 12 hours in the gym every day. (Hallelujah!) It's a pair of MBT – that's Masai Barefoot Technology to you and me – trainers. I know, I know, I have told you some wacky things in the past, but these babies are the real deal.

Recently, I was at my home-away-from-home, the fabulous Bliss Spa in London, when I saw Rebecca, the gorgeous retail assistant, with the most elegant posture and walking in long, graceful strides, catwalk-style. I realised she was demonstrating a pair of Spice-Girl-looking shoes to a group of enraptured ladies. Did I miss a trend? Are platform sneakers back?

Quickly, I moved over to the growing mass and learnt that this was no mere shoe sale; this was an instruction class on how to use the 'smallest gym in the world'. MBT trainers are the newest, most revolutionary fitness aids that transform the way we use our muscles and can provide an end to backache. In other words, they make us tall, strong and pain-free! I nearly mugged Rebecca for her pair.

Now the science bit. The shoes are inspired by the Masai people, who rarely suffer from back or joint problems, despite

walking barefoot over rocky, uneven ground for long distances. MBT trainers have multi-layered soles that change hard surfaces into uneven ground, so it's as if you are walking on sand. The feet are totally cocooned and supported, and you feel as if you are walking more upright – like a supermodel – from the very first glide. The truth is, you have no choice. If you slump, stick your bum out, or drop back on your heels, you will simply topple over.

By walking correctly, your back and joints are strengthened, breathing becomes more efficient (because you are expanding your diaphragm and lungs) and circulation is improved as blood can flow more freely. I have always suffered from ice-block feet but after 20 minutes walking in these God-sent sneakers my feet were roasting, and felt as if they had been massaged for an hour. Frankly, after only four days' wear of mine, I felt as though I had been doing intensive Pilates for a week.

Your bum and thighs really feel the workout, so you should build up gradually – an hour of walking or gentle jogging in the MBTs is equivalent to three hours of hard exercise at the gym. I am so impressed by these therapeutic wonders that I am considering rhinestoning them for eveningwear.

So, hurry up and join me in snapping up a pair; then we'll all be walking tall. ▣



**NORMANDI
KEITH**



**Beauty editor
at large**

CONTACT

■ **MBT trainers, £129, are available from Bliss Spa. For mail order, tel: 0808 100 4151. For more information, visit www.mbt-uk.com**

FIRM DEAL

■ **Team the MBT workout with lashings of L'Oréal Paris Perfect Slim Day Cream, £10.99, and Night Cream, £11.99. Available nationwide**

Illustration
BILL BROWN