

[Celebrity Fitness Trends](#)

Diet, Fitness and Weight Loss Trends From Your Favorite Celebrities

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- [Celebrity Favorite Butt Firming Sneakers](#)
- [How Lauren Conrad Stays in Shape with Surfing](#)

• **Would you try a fad diet if a celebrity does it?**

- **Sure, why not**
- **No way**
- **Well, maybe**

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## [Celebrity Favorite Butt Firming Sneakers](#)

December 18, 2009

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Celebs like **Courtney Cox** and **Jennifer Garner** are fans of the NGR (No Gym Required) butt firming sneaker, designed to tone the lower half of your body whether your on the treadmill or even running errands. The sneakers are weighted to make you work extra hard when walking so you'll burn more calories.

I'd love to get a pair of these, they run about \$160. [ngrfit.com](http://ngrfit.com)



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[Celebrity Workout Apparel](#), [Courtney Cox](#), [Jennifer Garner](#)

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