

# VITAMIN DAILY


MONTREAL EDITION

## MONTREAL EDITION

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SEARCH



CLICK HERE TO ENTER TO WIN A \$500 VISA GIFT CARD!

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["Miss Sixty Sample Sale"](#)

## HOT TOPICS

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- [FASHION & SHOPPING](#)
- [HOME & DECOR](#)
- [ARTS & CULTURE](#)
- [TRAVEL & LEISURE](#)
- [DINING & NIGHTLIFE](#)
- [MOMS & KIDS](#)

## ALL ABOUT YOU

- [YOUR FAVOURITES](#)
- [YOUR OPTIONS](#)

## ALL ABOUT US

- [READ & SEND FAN MAIL](#)
- [WHO WE ARE](#)
- [MANIFESTO](#)
- [AMBASSADORS](#)



FEBRUARY 2ND, 2010

## FOOT LOOSE

NO GYM REQUIRED SNEAKERS ARE THE PERFECT WAY TO MAKE HOUSEWORK AND ERRANDS COUNT AS AN ACTIVITY (IF NOT ACTS OF SAINTHOOD).

Created by Winnipegger Jennifer Cohen and worn by celebs Jennifer Garner and Courtney Cox, these **snazzy cross trainers** (\$174.99) can burn up to 50 per cent more calories while you go about your life. One-and-a-half pounds heavier than regular trainers, they have removable weighted insoles that tone your lower body and engage core muscles.



Now that's what we call running an errand.

At Tony Shoes, 1346 Greene Ave., Westmount, 514-935-2993, [www.tonyshoes.com](http://www.tonyshoes.com)

## FASHION & SHOPPING

MAKE IT YOURS  
[SEND TO A FRIEND](#)

RELATED DOSES  
[RED RUN](#)  
[WALK IT OFF](#)  
[FLATS OF FANCY](#)

TAGS  
*Shoes, Sneakers*

You can have a little.  
Or you can have it all.



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