

Good for You!

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[Fitness advice from KISS?](#)

Posted by by Good for You July 13th, 2009

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On-stage, the dudes of legendary, over-the-top '70s rock band KISS always had flamboyant fashion sense. But who knew that the stacked heels and guitars could prove beneficial to their health in the long run?

According to Gene Simmons, him of the long tongue and ponytailed-and-teased forelock, says that the glam get-up actually kept him slim and fit:

“When you train your body to walk on these platform heels for hours and carry 30 pounds of guitar and leather outfits, it’s a terrific workout.”

I’ll buy that lugging around 30 pounds of rock-n-roll baggage through a two-hour concert would work up a sweat. But the heels? I’ve never been a heels-wearin’ gal, but I do know that there are at least [5 ways that high heels can hurt](#) more than they help.

Still, there’s been a bunch of buzz around get-fit-footwear these days ...

- The [Reebok EasyTone sneaker](#) which the company claims “uses balance pods built into the shoes to create a natural instability, much like walking on a sandy beach, that encourage toning in 3 key areas of the leg - your hamstrings, gluteus maximus and calves.”

- The [FitFlop](#), AKA “The flip flop with the gym built in”

<http://blog.medbroadcast.com/?tag=n...>

- From [No Gym Required](#): “Wearing the NGR™ shoes with the weighted set of midsoles provides the wearer with a tangible and straightforward resistance workout and is an easy and effective way to improve fitness!”

What do you all think of this rely-on-your-shoes-for-a-workout trend? Is it just a (costly) way to fit in a bit of sneaky fitness - or do any of these products really work?

Have you tried any of these shoes? Share any shoe biz in the comments below ...

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