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July 27, 2009

Vital Tested: Sneakers with Benefits

The latest crop of shoes is designed to burn more calories and tone muscles fast.

We ran, strolled and did our laundry wearing a slew of cutting-edge sneakers so you don't have to. These new kicks will give your bottom half a boost.

Best for the gym: Stars like Vanessa Minnillo and the Kardashian sisters love **Reebok's EasyTone sneakers** (pictured). Pods in the shoe make walking a wee bit wobbly, which works your butt and leg muscles. When we wore them to the gym, our usual elliptical session felt harder.

Best for the beach: **Earth Shoes Exer-Fit sandals** let our feet breathe and feature negative heel technology, so your body leans back slightly. The company claims this shift can help improve posture, strengthen leg muscles and burn more calories.

Best for everyday: **No Gym Required** sneakers have a weighted midsole that mimics resistance training. It took a few blocks to get used to the extra heft and height, but our calves and the backs of our thighs felt engaged after a morning-long errand run.

Now go get your kicks.

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