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## Take a Load...On?



By: [Lindsay Dunlap](#)  
Apr 13, 2009



I was incorrect. I thought I would hate the [No Gym Required Shoes](#), walking sneakers with weighted insoles. When they arrived at my apartment a couple weeks ago, I ripped open the box, and saw these huge, heavy clown-foot boats (I have big feet already, and the PR company accidentally sent me a size too large). I promptly put them back in the box and procrastinated trying them.

But once I gathered the courage to put them on my feet and began walking through Central Park, I quickly felt my glutes (a.k.a. my butt, which needs constant perk-i-fying) like I've never felt my glutes during a normal stroll.

Before I put the NGR shoes on, I figured I'd walk for 10 minutes and get my try-the-shoes obligation over with, but I ended up enjoying a good 45-minute, brisk walking workout. I loved the slight-muscle-burn feeling that I've never felt while walking in normal shoes.

I've taken my NGRs for a few walks now, and it's so much fun. It's an interesting sensation to walk with heavy feet, and the extra muscle-toning is a major plus. I even felt my core a bit, since my abs had to contract to lift the weighted shoes and to keep me balanced.

NGR shoes, created by a [Jennifer Cohen](#) (a celebrity trainer with an impressive resume) and a team of sports scientists, are reportedly proven to be safe and to increase your normal calorie burn by 25-50 percent depending on which exercises you're doing.

It's tough to prove whether this is true, but a walk with NGRs would definitely burn more calories than another walk of the same pace but with normal walking shoes. The NGRs didn't hurt my knees either (I have bad knees), although it felt a bit jarring to descend stairs. I also kept my strides controlled and straight forward.

One word of caution: Make sure you have ample time when you're crossing the street. I found myself being targeted by a speeding NYC cab driver, and my sudden increase in speed was inhibited by my weighted feet. (Obviously, I made it okay!)

The shoes are \$150 plus \$15 for shipping. I would recommend them if you think you would enjoy them and if you have enough room in your budget. Like any other fitness product, NGR shoes are not a miracle, but, if used properly, they can provide a good, workout.

As always, with any fitness product or regime, use pain as your guide. If something hurts, stop or modify your exercise so that you simply feel a comfortable exertion.

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Hi,

From: Cathy  
Date: 07/22/2009 - 03:14 pm

During your walk, did you notice if your back was jarred in any way? I have had back surgery and have to be careful of this. Thanks. Cathy

[reply](#)

hey kell,

From: suzie1968  
Date: 07/13/2009 - 04:16 pm

I have a pair and love them. they look really good and feel even better...

[reply](#)

check out their website.

Suze

From: kell  
Date: 04/17/2009 - 05:54 pm

sounds like those shoes are really heavy! did you feel self-conscious while you were wearing them?

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