

## Your Problem - Our Expertise

### Staff Profile - [Julie Renouf](#)

#### Clinic

Tauranga Boys College  
ProMed House - Pilates Classes

#### Outside of work

Enjoys a round of golf and cheering on her kids at sport

#### Current Sport

Supports Bethlehem College Netball

#### Area of Special Interest

Adolescent Sporting injuries

## Hydrotherapy Exercises



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## The Truth About Toning Shoes

Do these shoes help you shape up? Health and fitness experts size up toning shoes.

By [Denise Mann](#) WebMD Feature Reviewed by [Laura J. Martin, MD](#)

Can a pair of shoes help you burn more calories, tone your butt, banish cottage cheese thighs, and curb joint pain?

These shoes have an unstable, strongly curved sole. Walking in them is akin to exercising on a balance or wobble board in the gym or barefoot along a sandy beach. Advocates say that this instability forces you to use muscles that you otherwise would not - namely those in your feet, legs, butt, and abs - which could lead to weight loss. The shoes can also change your posture and gait and take pressure off of achy, overused joints.

But do they actually do any of the above, and if so, is that a good thing?

### Podiatrist's View

Cary M. Golub, DPM, a podiatrist in Long Beach, N.Y, says toning or rocker-bottom shoes have a place in certain people's shoe collection.

For starters, these shoes may help relieve pain among people with heel pain, he says. "They take the pressure off of the heel and give more support to the ankle," he says.

"These shoes put the strain on your hamstrings and glutes, so if you are not athletic or a seasoned walker, they may hurt the muscles that they are supposed to help," Golub says. "If you are not used to firing these muscles, the shoes may hurt."

Golub's advice: "Break them in slowly for an hour or so. Don't start walking 2 or 3 miles in them."

### Trainers' Views

"The concept is definitely relevant," says Fabio Comana, an exercise physiologist at the American Council on Exercise in San Diego. "They adjust your posture and encourage more activation of your gluteal muscles."

But Comana says they are not for every person or every activity.

"It's not a good idea to run in these shoes, especially if you are at all deconditioned," he tells WebMD. "They are fine to stand around in," he says. However, he cautions that people with balance problems and elderly people should not wear these shoes as instability may increase risk of falling and fractures.

Toning shoes are great for walking outdoors, but not on treadmills, says Margaret Schwarz, a personal trainer at New York's Equinox health club.

"The benefit of the shoe comes from propelling one's body weight through space, something that does not happen on the treadmill," she says.

Schwarz also doesn't recommend the shoes for running, or for her clients who are new to weight training.

Deb has just returned from supporting our Tauranga Colleges at the National Schools Volleyball tournament. The Otumoetai Girls A team had a classic battle with Tauranga Girls A in the final with Tauranga coming out on top for another year winning 15-5 in the 5th set to claim the title 3 games to 2. Tauranga Boys College played some great games claiming bronze in the 1st Division. Otumoetai Boys only lost one game, finishing the tournament by easily winning the second division.

Congratulations to all those who were selected for NZ Indoor and Beach Volleyball teams

