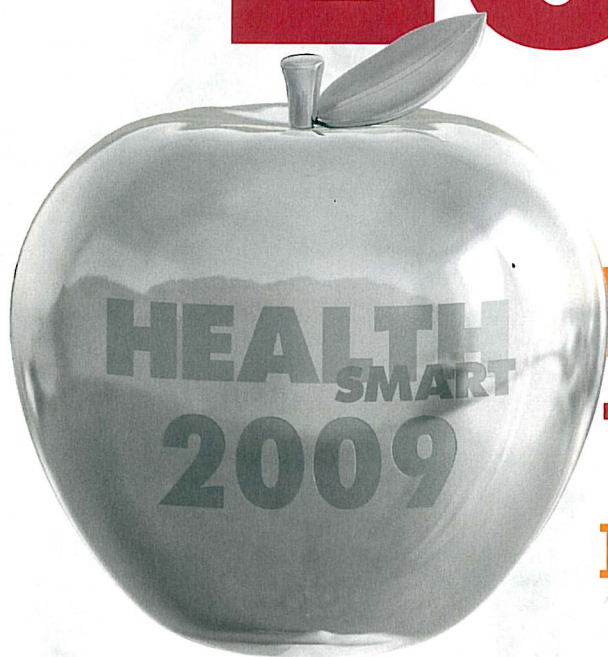


**HEALTH**  
**SMART**

**BEST OF THE  
BEST  
AWARDS  
2009**



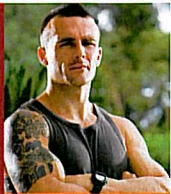
**PEDOMETERS**

**WINNER**

**Lifecorder e-step**



## OUR JUDGES



Steve Willis



Guy Leech



Assoc Prof Steve Boutcher



Ann Mennen



Donna Aston



1



2



3

## TREND 15: INTELLIGENT SHOES

Technology has helped create footwear that promises to improve flexibility, correct your gait and alleviate back pain. How is it so? We asked our panel to decide.

**Criteria: appearance, comfort, performance, health benefits and value for money.**

### NOMINEES

**1 MBT – Masai Barefoot Technology** (from \$369). MBT's "anti-shoe" features a patented sole that re-creates the feeling of walking barefoot on soft, uneven surfaces. The company says MBTs significantly improve gait and posture, relieve pressure on your joints and back, and exercise muscles whether you're walking or standing.

**2 FitFlops** (from \$89.95). Created in the UK by former Bliss spa entrepreneur Marcia Kilgore and biochemist Dr David Cook, FitFlops claim to tone leg and bottom muscles, alleviate chronic back pain, speed rehabilitation of injured joints and decrease swelling and aching legs after standing or walking all day.

**3 ASICS Gel-2130 Walker** (\$159.90). The Gel-2130 Walker is part of the ASICS fitness walking range. It has the lightweight and athletic image of a running shoe with the specific technology required for fast-paced walking.

**4 Nike Free 5.0 running shoe** (\$160). Deeper grooves on the Nike Free 5.0 mean greater flexibility in the midfoot and forefoot, and greater work for your foot. In effect, you'll notice that it's easier to point your toe, and you'll have dancer-like agility on the pivot (see opposite page).

## TREND 16: PEDOMETERS

These days you can't "walk the walk" if you're not counting your steps. Pedometers are the must-have fitness gadget on everyone's hips, but how to choose the right one for you? We asked our expert panel to choose. **Criteria: aesthetics, usability, features, accuracy and value for money.**

### NOMINEES

**1 Walking Fit Kit** (Gaiam, \$19).

**2 Digital Pedometer with Calorie Counter and One-Week Memory** (Oregon Scientific, \$29.99).

**3 Lifecorder e-step** (Kenz, \$99).

**4 GEN-3 ET-dsm** (Aussie Fit, \$39.99).

**5 10,000 Steps Pedometer** (10,000 Steps, \$45.00).



## AND THE WINNER IS... Lifecorder e-step



**"Measures intensity as well as steps, which is important for weight loss and cardiovascular health."  
Steve Boutcher**