

# Walk this way...

Have you heard about The MBT  
shoe sensation?

**M**asai **B**arefoot **T**echnology shoes will soon be  
available here at City Health.

Designed to



Improve posture

Burn calories

Increase fitness

Tone legs, bums and tums

Reduce cellulite

To find out more and read why 'Stars',  
osteopaths & chiropractors are all raving  
about these remarkable shoes, ask  
reception for the MBT brochure.