

# Skechers Release Shape Ups Clinical Case Study

Submitted by: Fitness Footwear

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Today Skechers have release the clinical case study of their new Shape Ups shoes (<http://www.fitnessfootwear.com/c-301-shape-ups.aspx>), titled "The benefits of Skechers Shape Up shoes on weight loss, body toning and the management of low back pain related to gluteal strength and low back endurance", written by Dr. Steven Gautreau, D.C. from a private practice in Manhattan Beach, California.

The study comes as part of Skechers marketing campaign to promote their new line of fitness footwear, which is championed by Shape Ups shoes as their flagship product. Skechers Shape Ups have already been compared to MBT trainers, fitflops and many other successful fitness shoes.

While Skechers already have a successful reputation for comfort, style and value, only a scientific study remained to prove the worth of their Shape Ups footwear.

The objective of the clinical study was to evaluate the benefit of Skechers Shape Ups with regards to the weight loss, body composition, gluteal strength, low back strength and endurance of the wearer.

10 women were selected to wear a pair of Skechers Shape Ups daily starting with just 25 minutes for a period of 6 weeks. To measure the effects, their body weight, body composition, glutei strength and low back endurance was carefully recorded every 2 weeks.

The results from wearing Shape Ups daily showed an impressive increase in physical performance, strength and endurance while Dr Gautreau surmised that further body weight and body composition benefits would have been gained by the participants had the study continued.

On average, women wearing Shape Ups for 6 weeks lost an average of 3.25 pounds while their body composition was reduced by an average of 1.125 percent. Meanwhile, glutei strength was increased by an average of 41% and lower back strength was increased by 37%.

Feedback from the participants noticed the improvement in their physical performance and posture, particularly those who employed the Skechers Shape Ups as part of their regular workout routine.

All of the women said that they felt stronger in their lower back, found Shape Ups to be very comfortable to wear and liked the trainer styling as well.

Cheaper than MBT trainers and more suitable to exercise than other forms of fashionable fitness footwear, Skechers Shape Ups are now clinically proven to be the perfect way to tone up in time for your summer holiday.

The Skechers Shape Ups case study (<http://www.fitnessfootwear.com/t-Skechers-Shape-Ups-Clinical-Case-Study.aspx>) is available to read in its entirety at [fitnessfootwear.com](http://fitnessfootwear.com)

To browse the full range of Skechers Shape Ups (<http://www.fitnessfootwear.com/c-301-shape-ups.aspx>), simply visit [Fitnessfootwear.com](http://Fitnessfootwear.com) –the web’s widest choice of sports and outdoor shoes.