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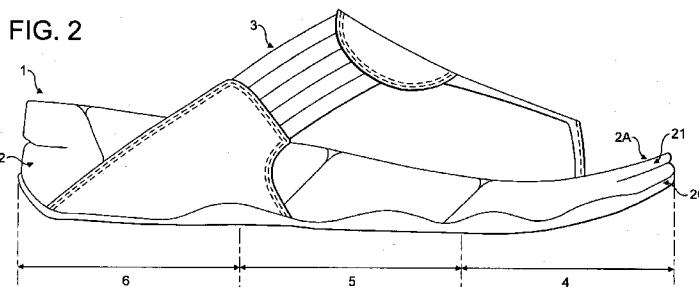
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(54) Title: AN ITEM OF FOOTWEAR



(57) Abstract: An item of footwear for increasing leg-muscle and/or lower-abdominal-/back-muscle tone comprising: a securing means for securing the item of footwear to a foot of a user; and a sole comprising at least an upper layer, for engaging a foot of a user in use 'or a further upper layer, and a lower layer, for engaging the ground in use, wherein the upper layer comprises two or more materials of different compressive resistances, or densities, arranged as a frontal/toe region, an arch region and a heel region, the sole is arranged such that application of a user's weight, during use, causes instability in at least one portion of the upper layer, which requires balance correction by a user.