

### High Heels Shorten Women's Leg Muscles

Scientists have found out that women who wear high-**heel** shoes make their **calf** muscles shorter. The heels also give many women pain in their legs when they take them off and walk. The researchers tested different women aged between 20 and 50 who wore heels that were 5cm or higher. The research also looked at women who never wore high heels. The research team used **ultrasound** to measure the length of the **fibers** in the calf muscles. Their **results** showed that the muscle fibers of high-heel wearers were 13 percent shorter than those in the non-high-heel-wearing women.

The researchers also found that women who regularly wore high heels **suffered** more muscle aches and pains when they took their shoes off. This is because their muscles are being **overstretched** for long periods and do not have time to **relax**. Women are advised to do simple stretching exercises to **relieve** the pain.

Researchers are not suggesting that women should stop wearing high heels but they are recommending wearing **flat** shoes a little more often. "Fashion is **intended** to be uncomfortable and none of the women in the study planned to give up their high heels," said one researcher.

#### 1) Vocabulary

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| 1. heel-        | a. the answers that are produced by a scientific study or test            |
| 2. calf-        | b. thin pieces of flesh that form the nerves or muscles in your body      |
| 3. ultrasound-  | c. smooth and level   |
| 4. fibers-      | d. to have physical or mental pain  |
| 5. results-     | e. to rest, to become calm, less stiff or less tight                      |
| 6. suffer-      | f. to have a plan or purpose in mind                                      |
| 7. overstretch- | g. more than able to do   |
| 8. relax-       | h. a medical process that produces an image of something inside your body |
| 9. relieve-     | i. to reduce pain   |
| 10. flat-       | j. the part of the back of your leg between your knee and you             |
| 11. intend-     | k. the raised part on the bottom of a shoe that makes the shoe higher     |