

Women and high heels

[Sociology](#), [Women](#)



Specific Purpose: to inform women that even though we love our heels they can be hazardous if not worn in moderation.

Introduction

I. Women will wear their heels high, no matter the cost. If our wallets don't suffer, our feet surely will.

II. When a woman puts on a pair of heels, she feels sexy and powerful. She knows the men are watching her, and she is the center of attention (even if it's all in her mind).

She will spend her last dime on a beautiful pair of shoes, but did you know that over time those high heels can cause major damage to your feet?

What's so special about high heels, that women would spend their last dime and risk being in pain?

The Advantage of Wearing High Heels

A. When a woman puts on a pair of heels, she suddenly feels sexy, and confident. Have you ever noticed when you see a lady in a pair of these shoes she walks a little different?

B. Her butt lifts a little higher

C. Her legs appear to be longer

D. Her body appears to be leaner

When a woman has nice shoes, not only does she get compliments from men, but other women will come to her and say " I love your shoes! Where

did you get those?" She may reply back " these old things? She loves the attention but she will never tell where she got them.

The Price

According to a survey done with 3000 women by one poll, the average woman will spend over 26, 000 on shoes in her lifetime.

A. 29 percent of ladies say shoes are the one thing they can't resist buying, regardless of whether they can afford them.

B. Not only do women wear shoes to turn the heads of men, but we also buy them to be the center of attention around other women

C. You can tell a lot about a woman based off her heels, it can be a sign of " status." She may feel expensive by sporting a high priced pair of heels.

The Price We Pay With Our Feet

High heel shoes can have a number of detrimental effects on the feet, some that could result in the need for surgery or lifelong pain

A. Bunions

B. Corns

C. Hammertoe

D. Morton's neuroma

E. Pump bump

There is nothing wrong with wearing your favorite heels but it should be done in moderation. If you are going to happy hour, please don't wear your heels to class, work, and then a happy hour.

The effect over the years can be very damaging to your body.

Conclusion

I. Review: a woman in a pair of heels can feel like she is the center of attention. She is sexy and confident; her body looks great and she feels like a diva entering a room. She does not mind paying a high price for her favorite pair of heels, even if they hurt her feet after a few hours. The average woman may spend more than 26 thousand dollars in her lifetime on shoes alone, but if she is not careful she may be paying to have surgery on her feet as well.

II. Closing: there are some safety tips for wearing high heels to keep any damage they may cause to a minimum:

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