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Hello and welcome to 6 minutes English. I’m Dan. Let’s me just sit down.

And I’m Neil.

Neil, are you wearing high heels?

Hang on. Not anymore

How did they feel?

Agony

How do women do this?

Why on earth are you wearing them?

I wanted to look fashionable and cool. Everyone knows that high heels are the height of fashion on the street, at work, at a party. I’m ready for anything.

I’m not so sure you right there Neil. Our topic for this 6 minutes English is about the rise in popularity of the comfy shoes. However, before we step into that, let’s have a quiz question “Which famous sports clothing company’s first pair of running shoes?” was inspired by the square pattern on a waffle making machine? Was it

A, Adidas

B, Nike

Or C Puma

Well, I have no idea so I well I can say Adidas. Cause that got marks. we’ll have to wait until later to find out. So what do you think of when I say “comfy shoes”

Well comfy is an adjective, which is informal way of saying comfortable so I suppose we’re talking trainers but I was always told that trainers weren’t appropriate for everywhere like work or many formal or social places such as parties, bars and clubs. Well, that certainly used to be the case but that may not be as true anymore. Victoria Mark is a senior fashion editor at the telegraph Newspaper in the UK. Here she is speaking on BBC Radio for women’s hour about why trainers are considered more fashionable these days. Is it something that’s happened very recently?

I think it’s been sort of coming on for a while and I think one thing in fashion for the last ten years has been a sort of mass casualization of everything. And it’s been a big street wear trend which is filtered through. So is it something that’s happened very recently? Apparently not no. She says that there’s been a mass casualization of things over the last ten years. Casualization here means the process of becoming less formal and more relax. More casual? Yes. Society has relaxed this idea of what is considered formal or appropriate. In addition, we’re told there has been a big street wear trend. Street wear is a style of casual clothing worn especially by young people from urban setting. That’s the city. This trend has filtered through. If something filtered through it appears or happens gradually overtime. So presumably the trend for street wear filtered through from its specialized area into mainstream fashion until everyone was following it. Well, that explains why trainers are more fashionable these days

But it doesn’t explain why people are wearing them more. Not everyone follows fashion you know.

Yes, Neil. I can see that when I look at you.

But you forget the comfy part and Evan Sufferant – a food doctor who also spoke on women now

Here is she explaining why being comfy is so important. What if people doing more these days than they weren’t before.

So what she’s talking about is actually people for wellness walking more and doing more then they’re not going to do that in a lot of high heels. So trainers are changing the materials and there’re a lot of fabric trainers need heritage foot problem then that kind of fabric they’re wrapping around knobblies. And knobblies hurts.

What are people doing more? They’re working more and their doing it for wellness. Wellness is the states of being healthy.

As a result, trainers have had to change their materials to fabric to make themselves more comfortable. Not only that, but if you have any foot problems, these fabric or cloth trainers are better fitting to the shape of foot. That means if you have any knobblies. They won’t hurt it much, which make trainers more comfortable for everyone.

Knobbly is an adjective means lumpy, having many raise barrier on the surface. So it’s a combination of the change in fashion and the change in materials that make trainers in other comfy shoes more popular than ever right?

Exactly. And hard on the hill of that revelation we can reveal the answer to our quiz question. Early I asked which famous sport clothing company first paired a running shoes which inspired by square pattern on the waffle making machine. Was it

A) Adidas

B) Nike

C) Puma

Neil you said

I said Adidas. Sorry the answer is Nike. In 1971, their co-founder Build Boundman was having breakfast when he saw the waffle machine and it inspired the design of Nike first runny shoes. Let hope was the comfy one.

Aha it must be time to reveal our vocabulary. So first we have comfy an adjective which is informal way of saying comfortable. Then we have casualization, this describe the process of things such as factional behavior becoming less formal and more casual. Next was street wear that describe the style of casual clothing that worn specially like young people who live in the cities. Then we heard filtered through. If something filtered through if appears or happens gradually over time. For example, has it filtered through to you yet Neil? That high heels was a mistake.

Yes, it has. They didn’t do anything for my wellness I can tell which means the states of being healthy. And lastly we have, knobbly. This adjective means lumpy or having many raised area on the surface like skin when it gets cold. Do have anything knobbly on your foot Neil?

Probably my faith is killing me.

I think we found you’re a killy heels. However, it’s time to go. But we will be back. In the meantime, we can find us in all usual places online and on social media. Just look for BBC learning English. Bye for now. Good bye.