



WALK with confidence

10 STRATEGIES

to help you walk better, faster and for longer.

Take this document with you on your outings and get frequent reminders “heel first, look straight ahead, walk high”. An application of these methods optimizes your walking method, prevents falls and thus, will make your daily life easier.

To get the most out of these strategies, practice in the order of 1 to 10, making sure you master one, before moving on to the next.

Practical steps



Wear comfortable shoes.



Walk 30 minutes a day, alone or with company. Regularity is preferable to occasional strenuous walks.



Practice the 10 strategies for 6 minutes, twice a day. You will start seeing results after 2 weeks.

Physiotherapy, your best ally to walk with confidence

Physiotherapy can help you walk better, improve your balance, maintain a maximum level of mobility, activity and independence by monitoring your condition and targeting appropriate exercises. To find a physiotherapist near you, ask your family doctor or consult the website of the professional order of Physiotherapy of Québec (OPPQ).

- 1. Heel first:** When you take a step, land heel first.
- 2. Push off with your toes:** push off by bending the foot then push off with your toes.
- 3. Swing your arms:** to help with balance and momentum, swing your arms when you walk.
- 4. Walk from the hips:** feel the power of your muscles to move the legs.
- 5. Look straight ahead:** when you walk, don't look at your feet. Stand up straight and look away in front of you.
- 6. Breathe to walk better:** synchronize your breathing at the pace of your steps.
- 7. Walk high:** raise your knees high when you walk.
- 8. Control your posture:** walk as straight as possible and try to keep your alignment.
- 9. Keep the mind and body alert:** practice doing 2 things at the same time to keep your mind and your body alert.
- 10. Find your pace:** Try walking at the pace of a metronome and find the cadence that works best for you.