

WALKING

- ✓ As you begin to walk, take the first step with your right leg, as your right arm swings back.
- ✓ As your left leg advances forward, focus on left heel strike and keep your right palm turned up as your right arm swings forward.
- ✓ When using a single walking or hiking stick, it is preferable to use the stick in your left hand.
- ✓ Advance the left stick forward at the same time you advance your right leg. Keep the stick on the ground for balance as you strike the ground with your heel on the next step.
- ✓ When using two walking or hiking sticks, advance the left stick and arm forward at the same time the right leg moves forward. Then advance the right stick and arm forward at the same time the left leg advances forward.
- ✓ Remain consciously aware of foot & stick contact with the ground.



For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living

