



Walk Tall

Walking tall is about moving around while keeping your body upright and straight. Over time, changes may take place in the way you walk. These changes may be loss of strength in the leg muscles, poor flexibility, and loss of strength in the upper body and back which can cause you to lean forward. All of these can put you at risk of falling.

Tips to Improve the Way You Walk

- * Stay physically active.

Participate in some physical activity that helps your strength, balance, and flexibility. Contact the local recreation board for physical activity programs in your community.

If pain is limiting your activity, talk to your doctor or healthcare professional about your discomfort. Write down the time of day the pain is the worst, what activity you were doing and what you did for the pain.

- * Consider the use of a mobility aid (a walker, cane, scooter or wheelchair).

Talk with your doctor, physical therapist or occupational therapist to see if a mobility aid would be best for you. Once you have chosen one that is fitted to you, make sure you use it properly and keep it in good working condition. Not using a mobility aid correctly can increase your risk of falling. Remember to remove or reorganize furniture in your home so a mobility aid can be used freely and not cause you to stumble.

Take action because falls are no accident!

Five Hills Health Region
Working together to prevent falls.

