

Tips for Walking in High Heels

- Now that you've got altitude, it's important to accessorize your heels with some attitude! Stand tall and poised, shoulders back, chest out, back straight, buttocks tucked under. Think Marilyn. Monroe, not Manson.
- While standing still, place weight on heels using toes for balance. Don't wobble. If you start to fall, fall gracefully. Do not break a heel. Do not take anyone down with you.
- Walk with feet positioned straight, toes pointed forward. Heels should be vertical to the ground, not horizontal.
- Walk placing one foot in front of the other with a smooth, even stepping motion beginning at the heel and rolling to the toe. Primarily walk on the balls of your feet, using the heel for balance. Think runway model, not runaway truck driver.
- Keep legs parallel and close together. It's more stylish and when one leg starts to slide one way and the other the opposite way, you'll have time to recover or get help before having to return to Tip #2 above.
- Move your hips and swing your arms for balance. Do not flap your arms. You cannot fly, though with shoes like these, you'll feel like you can soar.
- Walk with confidence, stay focused, and be mindful of your steps without watching your feet.
- When climbing stairs, make sure both sole and heel land together firmly and simultaneously on each step. When descending stairs, only the sole of the shoe needs to be planted on each step. Avoid walking up or down any stairs.
- Avoid walking on ice, slush, mud, grass, sand, gravel and grated surfaces. When in doubt, take off your heels and carry them, crossing such treacherous surfaces in your bare feet. Dangle both shoes in one hand, hooked to your index and middle finger. Do not clutch them. They are not a football.
- Stick together. Use a friend as a crutch. Make sure you leave the proper distance between you and your friend in proper bro hug fashion. Once stabilized, use the bro hug double back tap combo to disengage.