

Not everyone walks BEST (Better, faster, longer, STRonger).  
A biofeedback sensor, Heel2Toe™, was developed to improve how well people walk.  
Walk BETTER to walk MORE.

We would like your help to test this measure.



If you agree to help us you will answer some questions about your health and function and carry out some tests of physical and cognitive capacity.



gg71900071 GoGraph.com



The questions can be answered on a computer or we can help you with them.  
The testing will be done either at a community location or at a special walking laboratory at  
the Montreal General Hospital.

We will ask you about your experience with this new technology.

We will give you the Heel2Toe sensor to try  
for a month.



You will receive \$20 for your help



Let us know by contacting us at [outcomesrus@mcgill.ca](mailto:outcomesrus@mcgill.ca)  
OR Calling 514 438 722 1600