

11. Metronome at 104 bpm



Instruction

Walking with the metronome set at 104 beats per minute. Keep walking on the rhythm of the metronome. In addition to the sound beat, you can use the trees to walk in a straight line.

Explanation

- A comfortable walking rhythm needs to be determined individually, and the therapist can help with this. If, for example, there is the tendency to walk with small steps at a relatively high frequency, it is advisable to set the metronome speed lower ($\pm 10\%$) than the natural stepping rhythm
- After you have been walking with a metronome or music rhythm, at a later time you can try to remember this rhythm in your thoughts while you are walking
- Using a rhythm can help with walking during more difficult periods throughout the day or with completing a long walk
- Instead of a metronome, you can use another sort of sound device (mp3 player or walkman), playing music that you feel has a good and recognisable rhythm for yourself