

Quick Facts

- Urban Poling combines the aerobic and strength-building benefits of cross-country skiing with the lower body technique of regular walking.
- Why just walk when you can Urban Pole? By adding poles, you turn a walk into a full body workout using 90% of the body's muscles.
- Walking with poles has been popular in Scandinavian countries for years and is becoming more popular in North America as people become aware of the health benefits.
- It is a great activity because it can be performed by people of all ages and almost all fitness levels. It is a safe, effective, low impact, and inexpensive way to exercise.

"Nordic Walking is an excellent tool for seniors to improve their gait, balance and posture."

- Cathy McNorgan, Physiotherapist
Waterloo, ON



Saskatchewan
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Our Vision

*Healthy people
Healthy Saskatchewan*

To learn more about
Urban Poling/Nordic Walking

Contact:

Community Older Adult
Phone: (306)844-4080

Forever...



www.in-motion.ca

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Urban Poling/ Nordic Walking



Informational Brochure



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The Benefits

- The use of poles can reduce the risk of falling. The poles provide additional balance and stability, more evenly distributed weight-bearing, and increased confidence during walking for those people who need it (i.e. people recovering from an injury or surgery, walking in winter).
- The use of poles is very effective for core and upper body strengthening as well as improving posture.
- Walking with poles is a low impact activity reducing stress on the back, hips, knees and ankles.
- Using poles increases stride length, promotes a more normal step pattern and encourages a heel toe stride which is more functional.
- Using poles for walking has a significant effect on tolerance for exercise and improved quality of life.
- Using poles increases the intensity of your workout by 20-46% and oxygenates the blood.
- Using poles improves coordination.

"I first used my activator poles following a total knee reconstruction. My rehabilitation period was not only shortened, it was much more fun!"

Jill Blair, Urban Pole User, Vancouver, BC

What to Consider when Purchasing Poles

- Avoid wrist straps (as you are more likely to cause a wrist fracture or thumb dislocation if you fall)
- Light weight (constructed of aluminum, carbon fibre or titanium)
- Height adjustable/telescoping shafts with locking mechanisms to make sure they remain stable when you put weight on them
- Spring-loaded shaft to reduce the impact on the elbows
- Comfortable and wide enough grip. Avoid plastic handles as they are cold in the winter and slippery in the summer when hands tend to sweat
- Always buy poles in pairs
- Costs for walking poles range from \$90.00 to \$150.00



Where to Purchase

Urban Poles

Brainsport Running Room

616 - 10th St. E (306)244-0955

Crystal Wright, Certified Urban Poling Instructor (306)665-8541

Will provide demo and sell poles at your site.

Nordon Drugs

1610 Isabella St E (306)374-1585

Sage Seniors' Resources

#67 - 2325 Preston Ave, Market Mall (306)955-7243

Pharmasave, (Humboldt)

531 Main St, Humboldt (306)682-2616

Nordic Poles

Canadian Tire

301 Confederation Drive (306)384-1212

1731 Preston Ave N (306)373-3666

Eb's Source for Adventure

1640 Saskatchewan Avenue (306)652-0385

Outer Limits

630 Broadway Ave. (306)374-1663

Note: Please check the local Yellow Pages or internet for a more complete list of other retail locations.

