

Urban Pole Walking

Walk, Hike, or Trek with GNP



**PRESENTED BY:
GREENWOOD NEIGHBOURHOOD PLACE**

**WITH INFORMATION PROVIDED BY:
URBAN POLING**



What is Urban Pole Walking?

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- Urban poling combines an upper body technique similar to cross country skiing with the lower body technique of regular walking.
- The terms 'Nordic walking' and 'urban poling' are interchangeable.



- **HISTORY**
 - American Tom Rutlin began using fitness poles in the 1980s.
 - Poling is new to North America but is immensely popular in Scandinavian countries and Europe.

Why did GNP choose Urban Poling poles?

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- **Pole Design**

- Handle Design
 - Strapless and ergonomic
 - Safer to use
- Highly effective locking system
- Boot tips
- Vibration Reduction
- Telescoping Shaft



Health Benefits: Walking

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WALK

YOUR WAY TO BETTER HEALTH

Anatomy of Walking

- BOOSTS ENDORPHINS**
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES
- REDUCES GLAUCOMA RISK**
- HALVES ALZHEIMER'S DISEASE RISK**
OVER 5 YEARS
- LIMITS SICKNESS**
BY HALVING ODDS OF CATCHING A COOLD
- IMPROVES HEART HEALTH**
BY INCREASING HEART RATE AND CIRCULATION
- WORKS ARM & SHOULDER MUSCLES**
- ENGAGES AB MUSCLES**
- IMPROVES BLOOD PRESSURE**
BY FIVE POINTS
- BUILDS BONE MASS,**
REDUCING RISK OF OSTEOPOROSIS
- LIMITS COLON CANCER**
BY 31% FOR WOMEN
- STRENGTHENS LEGS,**
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS
- IMPROVES BALANCE**
- BURNS MORE FAT**
THAN JOGGING

ONLY 30 MINUTES A DAY, 5 TIMES A WEEK CAN MAKE YOU HEALTHIER AND HAPPIER.

Every Body WALK!
The Campaign to Get America Walking

WWW.EVERYBODYWALK.ORG

HEALTH BENEFITS of WALKING

20 WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/ YEAR

45 WALKING 45 MINUTES/DAY HALVES ODDS OF CATCHING A COLD

1 WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES

20 WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



DEMENTIA
Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.



DIABETES
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.



HEART DISEASE
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.



ARTHRITIS
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.



DEPRESSION
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 6 MILES/ WEEK CAN HALVE RISK OF ALZHEIMER'S DISEASE OVER 5 YEARS



WOMEN WHO WALK FOR 1 HOUR/DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/DAY CAN LOSE AND KEEP OFF 25 LBS



WALKING 30 MIN/DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%



PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK



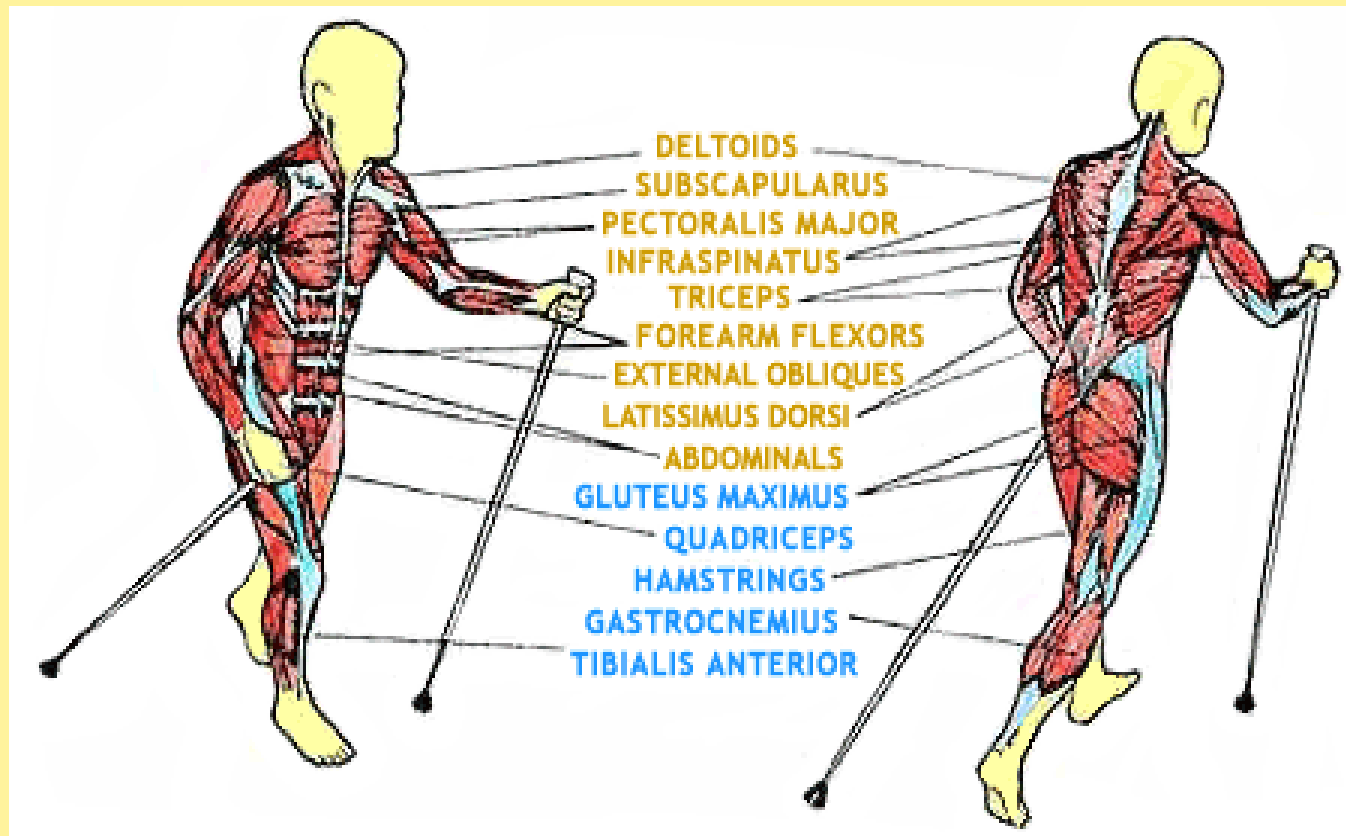
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Urban Pole Walking vs. Walking

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Works 90% of Your Muscles



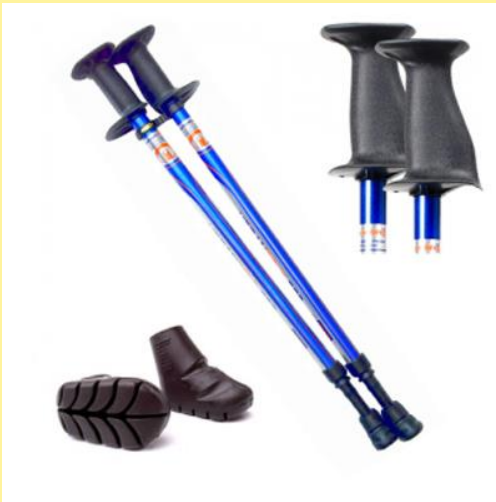
Health Benefits: Urban Pole Walking

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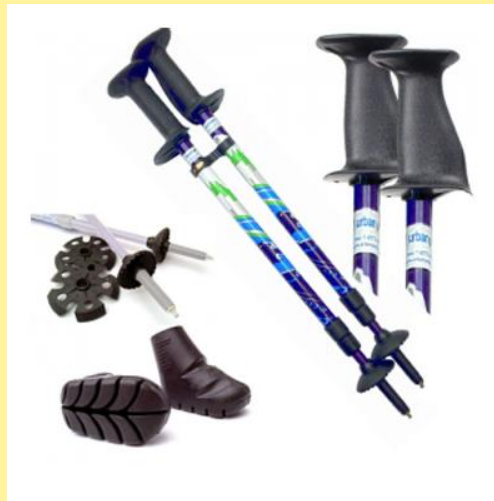
- **Physical Fitness**
 - Caloric expenditure increases, on average, 20%.
 - Significant increase in oxygen consumption
 - Nordic walking reduces impact on the knees, ankles and hips by 20%
- **Pain & Range of Motion (ROM)**
 - Reduction of neck and back pain
 - Increase in cervical spine ROM
- **Rehabilitation**
 - Significant improvements for patients following breast cancer and heart surgery; as well as improved physical function of fibromyalgia patients.
 - Improvement of stability, mobility, and posture for older adults.
- **Check with family physician before commencing new health regime if you have pre-existing health conditions or limited mobility.**

Types of Poles

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Urban Poling Series 300
Fitness; Boot-shaped tip



Urban Poling Adventure Edition
Fitness & Travel; All-Season; Boot-shaped tip



Activator
Balance & Rehab; Bell-shaped tip

Pole Adjustments

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- **Length**

- Acclimatize to temperature (if applicable).
- Unlock bottom section (lock/unlock arrows).
 - ✦ New poles may be difficult to unlock → flip upside down, grasp firmly between feet, and turn section sharply in 'unlock' direction with two hands.
- Position pole horizontally and pull bottom of pole.
- DO NOT TOUCH ferrule.
- Lengthen poles:
 - ✦ **Beginner:** 2 INCHES BELOW YOUR HEIGHT LEVEL
 - ✦ **Advanced:** HEIGHT LEVEL
 - ✦ **Activator Poles:** Set height with elbow at 90°
- Lock bottom section (lock/unlock arrows).

- **Boots**

- Position boot tips backwards (boots are walking in opposite direction).

Pole Adjustments & Price Lists

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- For instructional video on making pole adjustments, please visit:
 - <http://urbanpoling.com/education/training/urban-poling-training/>
- For current price lists, please visit:
 - GNP Pricing
 - ✦ Urban Poling Series 300 → \$100
 - ✦ Urban Poling Activator → \$100
 - ✦ Replacement Tips & Bell-Shaped Tips → \$18
 - ✦ For any of the other poles, please contact the GNP Office or visit the Urban Poling website.

Acknowledgements

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- **Grant Funding**

- New Horizons for Seniors Grant



- **Greenwood Neighbourhood Place**

- For more information about upcoming walking groups, contact us by e-mail (info@mygnp.org), telephone (4036381011), or in person (Mon-Thu, 8:30am-4pm).
- www.mygnp.org



- **Urban Poling**

- Visit www.urbanpoling.com for more training and product information.



Thank You

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- Thank you for your time and we hope we'll see you out walking!



Appendix A: Trainer Handout

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- Training Format (Session I/II/III)
 - Practical Training
 - ✦ **Day 1:**
 - Ensure GNP and PAR-Q waivers are completed.
 - Present PowerPoint presentation
 - Practice on basketball court
 - ✦ **Day 2:**
 - Review & practice on basketball court
 - Demo uphill and downhill with poles on Snake Hill
 - ✦ **Day 3:**
 - Review & practice on basketball court
 - Plan outing through town
 - Complete feedback form at GNP
 - ✦ *1.5 hours are allocated for each training session but trainers may feel this will not be required.*



Appendix A: Trainer Handout

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- **Pre-Class**

1. **Grip ‘Easy’** : do not grip the handle tightly; wrap fingers all the way around handle.
2. **Arms Straight**: let them swing at sides like pendulums.
3. **Ribcage Up**: lift the ribcage up and away from lower body to engage abdominal & core muscles. Relax shoulders.
4. **Boot Tips Behind You**: keep tips behind you; you shouldn’t be able to see them.

- **G (Grip), A (Arms), R (Ribcage), B (Boot tips)**



Appendix A: Trainer Handout

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- **Step 1: Notice how you walk naturally**
 - Walk forward without your poles (or while holding your poles in the mid-section) and swing your arms as you would normally when walking. Notice that your arm naturally moves forward at the same time as the opposite leg.
- **Step 2: Drag your poles**
 - Take hold of your poles, making sure that the pole handle with the letter “R” is in your right hand and the pole handle with the letter “L” is in your left hand. Grip the pole handles loosely, with your arms hanging completely relaxed by your side. With your arms at your side and dragging the poles behind you, simply begin to walk. Feel your arms naturally swing slightly in front and then behind your body with each stride.
- **Step 3: Swing your arm into the handshake position**
 - As you continue walking and dragging your poles, start swinging your arms further forward until they are at the same level as if you were offering a high handshake. If you are finding this difficult, shorten the length of your poles. At this point, you should feel the tips of the poles catching the ground behind you with each step. Rhythm is important; count it out!
- **Step 4: Press down and push off**
 - As you plant your poles, apply downward pressure on the base of the handle and feel your body being propelled forward by the poles. Finally, as your arm swings forward to the high handshake position, lift slightly so your poles can clear the ground.
- **Conclude with Stretch Exercises**



Appendix B: Participant Handout

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- Proper Poling Technique
 1. **Plant:** as you swing your arm forward, plant the pole at a 45°; keep your arm straight.
 - ✦ **G (Grip), A (Arms), R (Ribcage), B (Boot tips)**
 2. **Push:** apply some pressure to the base of the handle with the outside edge of your hand.
 3. **Propel:** from the pushing phase you are ready to propel yourself forward. Push down and step forward; feel yourself being propelled by your upper body.
- Start slowly at first and pay attention to technique. Practice makes perfect and patience is a virtue.



Appendix B: Participant Handout

- **Important Technique Points:**
 - **Watch your posture:** the poles actually assist you with maintaining proper posture, but you may find yourself leaning forward. Keep your spine erect, tummy tucked in, eyes forward, chin tucked in, and shoulders relaxed.
 - **Relax your grip:** keep your grip loose and exert pressure only on the base of the handle during the push phase.
 - **Watch your pace:** as you get used to the technique, you may find yourself walking faster. Only walk as fast as your arms can move.
 - **Plant with purpose:** plant rather than slam the poles into the ground.
 - **Don't "tip toe" the poles:** this happens when you keep the tips of the poles too far forward and land on just the tips of the boot tips. Go back to the swing phase and practice keeping the boot tips behind you and planting your poles at 45°.
 - **Be aware of uncoordinated arm and leg movements:** if you find your left leg/left arm swinging forward at the same time then stop and start over by dragging the poles and gradually ease into the proper technique.
 - **Have fun!** Enjoy yourself and the outdoors. Eventually the technique falls into place and you will feel more confident and efficient.

