

Grab your poles... and GO!

Walking more is the single best thing many Canadians can do to improve their health – and adding poles offers even more benefits!

This **10-Week Walking Program**, created by [Catherine Cameron](#), is designed to help you become more active and to optimize your health. Grab your poles and start today!



WK	NOTES	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Don't have poles? Order here.	Walk 15 mins	Walk 15 mins	Rest	Walk 20 mins	Rest	Walk 25 mins	Rest
2	Learn about the benefits of Nordic walking.	Walk 30 mins	Rest	Walk 30 mins	Rest	Walk 30 mins	Rest	Walk or rest
3	Find an Urban Poling class near you.	Walk 35 mins	Rest	Walk 35 mins	Rest	Walk 35 mins	Rest	Walk or rest
4	Meet our Ambassadors.	Walk 35 mins	Walk 35 mins	Rest	Walk 35 mins	Rest	Walk 35 mins	Rest
5	Order a pedometer or strap on your fit bit to track your steps!	Walk 40 mins	Rest	Walk 40 mins	Rest	Walk 40 mins	Rest	Walk or rest
6	Get a friend excited about Nordic walking!	Walk 40 mins	Walk 40 mins	Rest	Walk 40 mins	Rest	Walk 40 mins	Rest
7	Follow our blog & join us on Twitter & Facebook !	Walk 45 mins	Walk 45 mins	Rest	Walk 45 mins	Walk 45 mins	Rest	Walk 45 mins
8	Love Nordic walking? Become an instructor!	Walk 50-60 mins	Rest	Walk 50-60 mins	Walk 50-60 mins	Rest	Walk 50-60 mins	Walk 50-60 mins
9	This week we introduce Power Walking! Try increasing your pace; alternating your regular pace with some 1-3 minute speed bursts; or challenging yourself with some hills and new terrain.	Walk 1 Hour	Rest	Power Walk 45-60 Mins	Walk 1 Hour	Rest	Walk 1 Hour	Power Walk 45-60 Mins
10	Order a Starter Pack for a friend so they can join you!	Rest	Power Walk 45-60 Mins	Walk 1 Hour	Rest	Power Walk 45-60 Mins	Walk 1 Hour	Power Walk 45-60 Mins

Get the **green light** from your physician before starting this or any exercise program.

Aim for a pace that is brisk but at which you can maintain a conversation. www.urbanpoling.com

