

We are proud to support breast cancer wellness programs with 2% of the sales of our 4Life poles.

## Research Benefits

Evidence based studies clearly identify Urban Poling, with the proper training, as a healthy mode of physical activity suited for improving quality of life.

There are 7 current independent studies on the ACTIVATOR™ Poles in Canada and the UK, as well as 240+ studies ([PubMed.com](https://pubmed.ncbi.nlm.nih.gov/)) which show beneficial effects of Nordic walking on key health parameters including:

- Increase upper extremity mobility and strength
- Increase muscular endurance
- Increase self-esteem
- Improvement in pain management

### References:

Health Benefits of Nordic Walking A Systematic Review. Am J Prev Med 2013;44(1):76–84

The Effects of Walking Poles on Shoulder Function in Breast Cancer Survivors. Integr Cancer Ther, Dec 2005; 4: 287 – 293



*Urban Poling is one of the many awesome tools that help with recovery from breast cancer treatment (namely surgery and radiation) and help with core muscles and strengthening for regaining physical health for someone who is used to being very active. Clare*

## Urban Poles designed for fitness, work 90% of your muscles

*As I am a breast cancer survivor with heart complications, I hoped for a more complete body workout, while walking. Urban poling seemed a gentle way to include some upper body exercise.*

*Lymphedema, due to the surgical removal of my lymph nodes, was a concern for me after my bilateral mastectomies. Including urban poling in my walking routine, often helped to relieve the congested feeling in my arm. Susan*

If high-quality matters you, then you will find our poles are well-engineered for superior performance. You'll love our extremely long lasting and quieter, vibration-free poles.

Not only that, but our poles include the ONLY innovative CoreGrip handle on the market that's ergonomically engineered for your hands! This is the evolution of Nordic walking.

The information in this publication/presentation is not intended to replace existing rehabilitation programs. The testimonials are those of independent therapists and are not a guarantee of results. The consumer should not rely solely on this publication but should also consult their physician or therapist. Urban Poling Inc. and its employees and representatives do not accept any liability for the information contained in this publication or any damages.