

Healthcare professionals working with older adults are routinely prescribing walking, as part of rehabilitation and overall health and wellness programs. There are over 240 research studies identifying health benefits of adding specialized poles to walking routines. Due to the improved balance, posture, reduce impact off painful joints and improved mood and confidence health, this accessible and affordable activity, urban poling, and especially the use of our unique ACTIVATOR™ Poles, has become a popular choice for persons requiring help with stability and balance, as well as for older or perhaps less active adults. The patented ACTIVATOR™ Poles are the only ones like it available on the market which have been designed by an occupational therapist for maximum safety, comfort and effectiveness, as well as reducing the factors related to falls.

Dr. Agnes Coutinho

## Research Benefits

Evidence based research relating to older adults clearly identify poling, with the proper training, as a healthy activity suited for improving quality of life. Proven benefits may include:

- Increase balance & stability
- Increase in mobility
- Improved posture
- Reduce impact off lower extremity joints
- Improved gait speed
- Improved strength (poling can engage up to 90% of your muscles)
- Increased confidence



## Short-term and long-term effects of Nordic Walking training on balance, functional mobility, muscle strength and aerobic endurance among Hungarian community-living older people: a feasibility study.

Balance, functional mobility and aerobic endurance significantly improved in the Nordic walking group. This study showed that Nordic Walking is a simple, well-tolerated and effective physical activity for older people in Hungary. [Virag et al., 2014](#)

## Effect Of Walking Poles On Dynamic Gait Stability on the Elderly

Texas Women's University study, which concluded that walking poles provided increased gait stability at both preferred and fast speed. Kwon, Silver, Ryu, Yoon, Newton & Shim, 2006 (unpublished)

## Effects of Nordic walking compared to conventional walking and band-based resistance exercise on fitness in older adults.

While all modes of exercise improved various components of fitness, Nordic walking provided the best well-rounded benefits by improving upper-body strength, cardiovascular endurance, and flexibility. Therefore, Nordic walking is recommended as an effective and efficient mode of concurrent exercise to improve overall functional fitness in older adults. [Takeshima et al., 2013](#)

## The effects of pole walking on health in adults: A systematic Review

The effects of pole walking (PW) on cardiorespiratory fitness were most extensively studied. The most frequently examined psychosocial measure was quality of life. All studies reported at least one beneficial effect of PW compared with the control group. The results of this systematic review indicate that PW programs have some beneficial effects on both physical and psychosocial health in adults with and without clinical conditions. [Fritschi et al., 2012.](#)

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.