

Evidence based studies on cardiovascular disease patients clearly identify poling as a healthy mode of physical activity suited for primary and secondary intervention, as well as rehabilitation. Urban Poling offers proven beneficial effects on key health parameters, including:

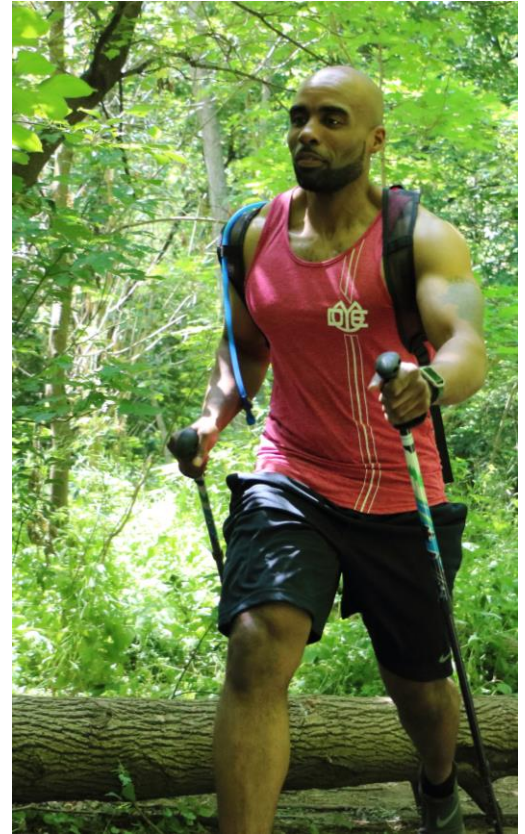
## Research Benefits

Lower resting heart rate

- Higher  $VO_2$  max
- Improved blood lipid profile
- Healthy weight management
- Lower total fat mass/decreased waist circumference
- Higher exercise tolerance

A University of Ottawa Heart Institute study found Nordic walking was superior to standard cardiac rehabilitation care in improving functional capacity and other important outcomes in patients with heart failure. Keast et al. Randomized trial of Nordic walking in patients with moderate to severe heart failure. Can J Cardiol. 2013 Nov;29(11):1470-6

*After I suffered from my three heart attacks I was hospitalized for some time and my muscles had atrophied to such an extent that I had lost most of my upper body muscle mass. After I had completed a cardiac rehab program I started to use Urban Poles and the impact was remarkable. Strength once again returned to my upper body and my endurance increased. I do believe that Urban Poling will eventually bring me back to excellent health.*  
Michael



## Partnering for Healthier Hearts in Canada

*Walking & exercise-based cardiac-rehabilitation programs are widely recommended as part of the continuum of cardiovascular care and the reason why the WALK OF LIFE was started 30 years ago. Urban poling, engages 90% of your muscles and helps you to burn up to 46% more calories versus walking alone. For this reason, the Cardiac Health Foundation of Canada and Urban Poling are working together to improve the cardiovascular health of Canadians across the country with Urban Poling a proud supporter of the Cardiac Health National WALK OF LIFE campaign.*

Barbara Kennedy,  
Executive Director, Cardiac Health Foundation of Canada.

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