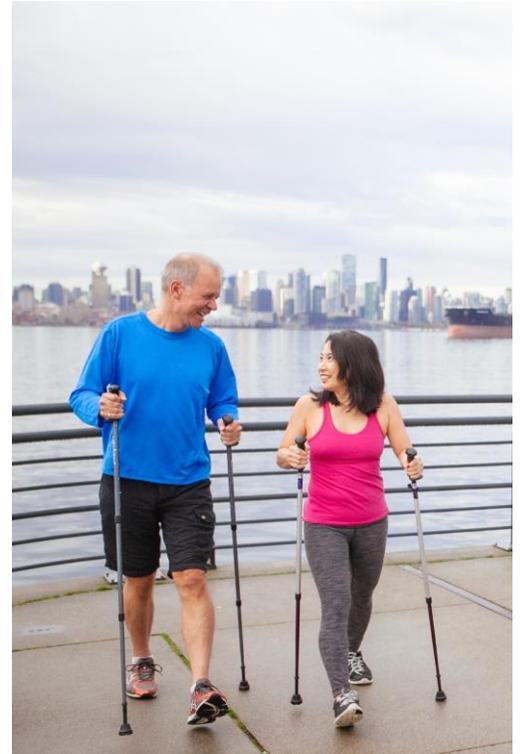


Conditions involving joint pain, stiffness, swelling and discomfort such as arthritis, often pose a challenge for physicians in recommending a routine physical activity program due to the ongoing pain and fatigue, changes in functional abilities, and also mood disturbances often experienced by these patients. Yet, research clearly shows that physical activity, particularly aerobic exercise, can enhance mood, reduce anxiety and depression, while helping to offset the fatigue and to some degree the symptoms of pain itself.

Urban poling (aka Nordic walking) is an evidence-based innovative activity which maximizes the health benefits of exercise. Walking with specialized poles (such as Urban poles), compared to walking without poles, activates up to 90% of muscles, providing both aerobic and resistance training. Importantly, the activity of urban poling may result in improved mood, increased self-esteem, and social interaction, contributing to improved overall sense of well-being. Research also indicates that walking with poles increases exercise tolerance and personal excursion limits, which may allow patients to walk further and longer, motivating patients to incorporate poling into their daily routine.



Urban Poling is proud to be a corporate sponsor of The Arthritis Society.

Why Health Professionals recommend ACTIVATOR™ Poles

The Activator poles allow me to be mobile without pain by taking the pressure off my joints. My gait is more steady and I feel secure that I won't fall. Now that I am able to be more active, I am starting to lose weight. Urban Activator Poles are giving me a new comfortable and promising lease on life.

Jovce osteoarthritis & osteoporosis

ACTIVATOR™ Poles were designed by a Canadian therapist with the following unique features for mobility.

- Patent ergonomic CoreGrip for core strengthening
- Strapless to reduce the risk injury
- Secure button locking system
- Bell shaped tips for stability
- Carbide steel tip for winter walking
- Anti-vibration features minimizing stress on joints

Consult your physician or therapist before using the poles if you currently use a cane or walker, have any medical condition which affects your balance, stability, grip strength, vision, depth judgement or co-ordination, or if you are currently recovering from injury or surgery.

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.