

Regular physical activity helps to regulate blood glucose and increase insulin sensitivity. The more muscles that are used during exercise, the greater will be the benefits. This makes urban poling one of the best forms of fitness, as it uses 90% of the muscles and has the potential to burn up to 46% more calories, while providing both cardiovascular and strength training. Research shows that an activity such as urban poling has the potential to slow the progression of type 2 diabetes and even prevent onset all together. Urban poling may also be a great option for pregnant and breastfeeding women, as it is a safe mode of exercise which may reduce the risk of developing gestational diabetes.

Research Benefits

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

- Supports healthy weight management
- Reduced abdominal obesity
- Facilitates healthy blood glucose management
- Promotes cardiovascular health

References:

Tschentscher, M. et al. (2013). Health Benefits of Nordic Walking A Systematic Review. *Am J Prev Med*, 44(1), 76-84.

Korsten-Reck, U. (2010). Physical activity in pregnancy and in breast-feeding period in obese mothers. *Z Geburtshilfe Neonatol*, 214(3), 95-102

For many years I struggled to find time and motivation to become more active, even though overall, I was healthy. In my 50's I was diagnosed with type 2 diabetes. Despite the 2 diagnosis, I now find myself for the first time enjoying regular physical activity! How? Urban poling! Managing my weight and blood glucose is now enjoyable! Over the summer we participated in the 5km Toronto Challenge Walk – something I could not have ever imagined doing without our poles! Elizabeth, Toronto



Urban Poles designed for fitness, burn up to 46% more calories

I have type 2 diabetes, and have found it very difficult to lose weight, and to control my blood sugar levels. Now I am finally having some success. Purchasing the Urban Poles is one of the best decisions I have made recently. I used to really dislike walking but using the poles have added a whole new dimension to walking, and a very strong motivation. Janet

The patent ergonomic CoreGrip handles are designed to effectively target your core muscles thereby increasing your caloric expenditure and at the same time reducing the load on your lower joints. This combined with a healthy diet, may help you lose weight or maintain your ideal body weight.

Remember any physical activity may affect your blood glucose and may affect your response to medication. If you have diabetes already, speak to your health care practitioner before starting any new activity.

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.