

Engaging in physical activity has not only been shown to result in better physical health, but also and importantly, in improved quality of life, functional capacity and mood. The association between exercise and mental well-being has been well established by research.

Walking represents one of the easiest, safest, least expensive, and most popular forms of exercise among both those with and without chronic illnesses. Nordic walking, involving the use of specialized poles (such as Urban poles), is an evidence-based activity that incorporates both aerobic and strength training simultaneously. A variety of physiological (e.g. sleep regulation, availability of central neurotransmitters like serotonin), psychological (e.g. improved self-efficacy, the interruption of negative thought), and social factors (e.g. increased social interaction and decreased isolation) have been hypothesized to account for the mental health benefits of physical activity. Physical activities occurring outdoors or “green exercises” (like Nordic walking) have been shown to result in increased feelings of revitalization, positive engagement, energy, enjoyment, satisfaction, desire to repeat the activity and decreased tension, confusion, anger and depression when compared with exercising indoors.



#### References:

Stathopoulou G, Powers MB, Berry AC, Smits JAJ, Otto MW. Exercise Interventions for Mental Health: A Quantitative and Qualitative Review. *Clinical Psychology: Science and Practice Clin Psychol Sci & Pract* 2006;13(2):179–193.

Richardson CR, Faulkner G, Mcdevitt J, Skrinar GS, Hutchinson DS, Piette JD. Integrating Physical Activity Into Mental Health Services for Persons With Serious Mental Illness. *PS Psychiatric Services* 2005;56(3):324–331.

Park SD, Yu SH. The effects of Nordic and general walking on depression disorder patients’ depression, sleep, and body composition. *J Phys Ther Sci Journal of Physical Therapy Science* 2015;27(8):2481–2485.

Suija K, Pechter Ü, Kalda R, Tähepõld H, Maaros J, Maaros H-I. Physical activity of depressed patients and their motivation to exercise: Nordic Walking in family practice. *International Journal of Rehabilitation Research* 2009;32(2):132–138.

Coon JT, Boddy K, Stein K, Whear R, Barton J, Depledge MH. Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors? A Systematic Review. *Environmental Science & Technology Environ. Sci. Technol.* 2011;45(5):1761–1772.

## Choose Urban Poles for Quality and Performance

### Series 300, 4Life, Adventure Series for fitness ACTIVATOR™ Poles for balance

- Patent ergonomic CoreGrip for core strengthening
- Anti-vibration features for hard surfaces
- Carbide steel tip for snow, sand, or hiking
- Durable rubber tips
- Adjustable in length
- Limited manufacturer warranty



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.