

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.



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