




Evidence based research relating to older adults clearly identifies poling as a healthy activity suited for improving quality of life, with the proper training. Proven benefits may include:

## Activator<sup>®</sup> Advantage

-  Improved balance & stability
-  Improved mobility
-  Improved posture
-  Increased gait speed
-  Improved confidence
-  Reduced impact on hip & knee joints

## Spirit Poles

-  Promoting cardiovascular health
-  Supporting healthy weight management
-  Reducing abdominal obesity
-  Facilitating healthy blood glucose management