



Evidence based studies clearly identify poling as a healthy mode of physical activity which combines aerobic exercise and anaerobic exercise through engaging nearly 90% of the body's muscles and is suitable for rehabilitation as well as a wide array of recreational programming.

Urban Poling offers proven beneficial effects on key health parameters including:



Urban Poling
Walking with Nordic poles burns more calories and works more muscles than conventional walking.



Mandy Shintani,
OT, Gerontologist,
co-owner Urban Poling
and developer of
ACTIVATOR poles.



- Increased balance & stability**
- Increased independence in daily activities**
- Improved posture**
- Increased confidence**
- Increased core strength**
- Decreased stress, anxiety and depression**
- Increased walking tolerance**

Potential Programs



Community Events Showcase UP ActiveLiving programs to the community.



- Invite the community for open demonstrations
- Share your pole walking events with the media
- Family and friends can join in local walk events
- Employees participate for wellness & injury prevention

PROGRAMS

- Pole UP for Parkinson's
- Polercize
- Train UP Your Brain
- Step it UP-modified exercises to reduce the risk of falls for SNF
- Combine poling with existing recreation programming



Webinar
» ondemand

UP Academy offers internationally renowned training programs which are customized to meet the needs of your residents and staff.

Partnered with:



CCU Approved:



Activator®

Prescribed by leading therapists and physicians..

- 1/** Strapless Ergonomic CoreGrip for core strengthening and to reduce the risk of injury.
- 2/** Secure locking system with weight bearing capacity 90 kg (200 lbs per pole).
- 3/** Anti-vibration features.
- 4/** Adjustable in length.
- 5/** Bell-shaped tips for stability.

“Activator Poles are phenomenal in older adult classes. The 4 points of contact help improve posture, balance and security, but most important of all is the way participants self esteem goes off the chart!”

Don Ferguson
Older adult fitness instructor

