

Conditions such as arthritis, involving joint pain, stiffness, swelling and discomfort, often pose a challenge for physicians when recommending a routine physical activity program to their patients due to the ongoing pain, fatigue, functional ability changes and mood disturbances they often experience. Yet, research clearly shows that physical activity, particularly aerobic exercise, can enhance mood, reduce anxiety and depression, while helping to offset fatigue and the symptoms of pain itself, to some degree.

### Benefits include:

- Provides both aerobic and resistance training
- Improved posture
- Increased in core strength
- Reduced impact on lower joint extremities
- Increased independence in daily activities
- Improved overall sense of wellbeing
- Improved mood, self esteem and social interaction

For more information on research studies, please visit [urbanpoling.com](http://urbanpoling.com)





**Mandy Shintani,**  
OT, Gerontologist,  
co-owner Urban Poling  
and developer of  
ACTIVATOR® POLES






Urban Poling is proud to be a corporate sponsor of The Arthritis Society.

## WHY TOP HEALTHCARE PROFESSIONALS RECOMMEND / ACTIVATOR® POLES

ACTIVATOR® Poles were designed by an occupational therapist and gerontologist with unique features for increased stability and greater weight bearing capacity.

Activator® Poles are FDA Approved.

“The Activator® Poles allow me to be mobile and without pain by taking the pressure off my joints. My gait is steadier and I feel confident that I won't fall. Now that I am able to be more active, I am starting to lose weight. The Activator® Poles are giving me a new comfortable and promising lease on life.” **Joyce**  
(osteoarthritis & osteoporosis)

Consult your physician or therapist before using the poles if you currently use a cane or walker, have any medical condition which affects your balance, stability, grip strength, vision, depth judgment or co-ordination, or if you are currently recovering from injury or surgery.

