






## LIVING FOR BREAST CANCER REHAB

We are proud to support breast cancer wellness programs by donating 2% of our 4Life pole sales

### Research Benefits

Evidence based studies clearly identify urban poling (Nordic walking) as a healthy mode of physical activity suited for improving quality of life, with the proper training.

There are currently 18 independent studies on the Urban & ACTIVATOR® Poles in Canada and the UK, as well as over 300 studies (PubMed.com) which show the beneficial effects of Nordic walking on key health parameters including:

-  **Increased upper extremity mobility and strength**
-  **Improved lymphedema management**
-  **Increased muscular endurance**
-  **Better pain management**
-  **Improved mood compared to walking alone**

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



“ Urban Poling is one of the many awesome tools that helped with my recovery from breast cancer treatment (namely surgery and radiation). For someone who is used to being very active, they were essential in strengthening my core muscles and regaining my overall physical health. ”

Claire



### Activator Advantage



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

The award-winning Urban and ACTIVATOR® Poles have been designed through the lens of an Occupational Therapist & Gerontologist.

“ As a breast cancer survivor with heart complications, I was looking for a more complete body workout, while walking. Urban poling seemed like a gentle way to include some upper body exercise. Lymphedema was a concern for me after my bilateral mastectomies, due to the surgical removal of my lymph nodes. Including urban poling in my walking routine, often helped to relieve the congested feeling in my arm. ” **Susan, Toronto Star article**

- Patented, ergonomic, CoreGrip™ for core strengthening,
- Strapless to minimize the risk of injury
- Effective locking system
- Anti-vibration features for comfort



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.