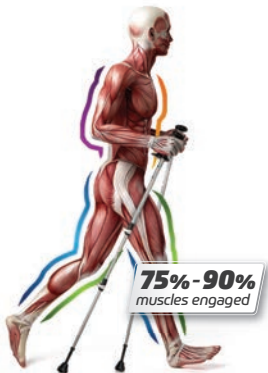


LIVING FOR CARDIAC HEALTH

Research Benefits

Evidence based studies on cardiovascular disease patients clearly identify poling as a healthy mode of physical activity suited for primary and secondary intervention, as well as rehabilitation. There are 18 current independent studies on the ACTIVATOR® Poles in Canada and the UK, as well as over 300 studies (PubMed.com) which show beneficial effects of Nordic walking on key health parameters including:



- Lower resting heart rate**
- Higher VO2 max**
- Improved blood lipid profile**
- Healthy weight management**
- Lower total fat mass/decreased waist circumference**
- Increased exercise tolerance**

For information on research studies, please visit urbanpoling.com



“After suffering three heart attacks, I was hospitalized for some time and my muscles had atrophied to such an extent that I had lost most of my upper body muscle mass. After completing a cardiac rehab program, I started to use Urban Poles and the impact was remarkable. Strength once again returned to my upper body and my endurance increased. I do believe that Urban Poling will eventually bring me back to excellent health.

Michael ”



Meet Mandy Shintani
internationally recognized OT & Gerontologist as she reviews many of the Activator® benefits for both post- surgery and beyond.



Click or Scan Here!
Visit

WHY TOP HEALTHCARE PROFESSIONALS RECOMMEND / ACTIVATOR® POLES

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.

Max User Weight:
ACTIVATOR/ACTIVATOR2
poles: 250/320 lb.

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

“Walking & exercise-based cardiac-rehabilitation programs are wide recommended as part of the continuum of cardiovascular care and the reason why the WALK OF LIFE was started 30 years ago. Urban poling, engages up to 90% of your muscles and helps you to burn up to 46% more calories versus walking alone. For this reason, the Cardiac Health Foundation of Canada and Urban Poling are working together to improve the cardiovascular health of Canadians across the country with Urban Poling being a proud supporter of the Cardiac Health National WALK OF LIFE campaign.”

Barbara Kennedy
Past Executive Director,
Cardiac Health Foundation of Canada

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.