





LIVING WITH DIABETES

Regular physical activity helps to regulate blood glucose and increase insulin sensitivity. The more muscles used during exercise, the greater the benefits. This makes urban poling one of the best forms of fitness, as it uses up to 90% of muscles and has the potential to burn up to 46% more calories, while providing both cardiovascular and strength training. Research shows that urban poling (Nordic walking) has the potential to slow the progression of type 2 diabetes and even prevent its onset altogether. Urban poling may also be a great option for pregnant and breastfeeding women, as it is a safe mode of exercise which may reduce the risk of developing gestational diabetes.

Research Benefits

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

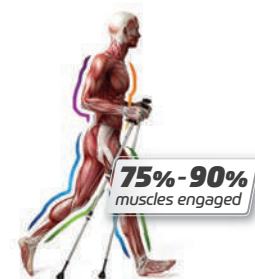
-  Promoting cardiovascular health
-  Supporting healthy weight management
-  Reducing abdominal obesity
-  Facilitating healthy blood glucose management

For more information on research studies, please visit urbanpoling.com



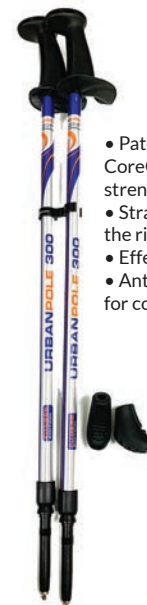
“ I have type 2 diabetes and have found it very difficult to lose weight and control my blood sugar levels. Now I am finally having some success. Purchasing the Urban poles is one of the best decisions I have made recently. I used to really dislike walking but using the poles has added a whole new dimension to it and they motivate me to walk more often. ”

Janet



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

The patented, ergonomic CoreGrip™ handles are designed to effectively target your core muscles and increase your caloric expenditure while reducing the load on your lower joints. This combined with a healthy diet may help you manage your weight. Remember that any physical activity may affect your blood glucose and your response to medication. If you currently have diabetes, speak to your healthcare practitioner before starting any new activity.



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