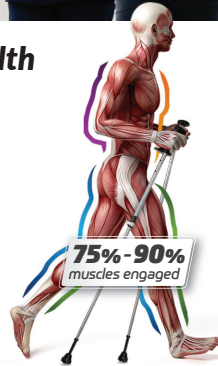


## COMMUNITY PROGRAMS WITH URBAN POLING



### Urban and Activator® Poles: A Prescription for Better Health

Urban and Activator® Poles are more than just walking aids; they are tools for whole-body wellness. By integrating the Six Pillars of Lifestyle Medicine — physical activity, healthy eating, stress management, restorative sleep, social connections, and avoidance of risky substances—these poles offer a simple, effective way to improve health and well-being. Whether you're looking to enhance fitness, rehabilitation, or daily mobility, our poles help you take meaningful steps toward a healthier life. Discover how "Exercise is Medicine" with Urban Poling.



### Activator® & Urban Poles BENEFITS

- Engage over 90% of the bodies muscles
- Increased balance, stability & improved posture
- Increased walking tolerance
- Increased confidence & independence in activities
- Decreased stress, anxiety and depression
- Increased caloric expenditure
- Increases social interaction & quality of life



Listen to Dr. Bharati on the Urban Poling Podcast by scanning the code

"For daily urban walking, these poles provide excellent support and significantly reduce the risk of injury. The ergonomic grip makes them easy to use. I'm grateful that Urban Poling Inc. is producing such fantastic poles—they are truly tools for activating a healthier lifestyle."

**Dr. Bharati Kolte, MD**

She runs a successful weekly Urban Poling program called Healthstriders through her practice in Texas.



## The Six Pillars of Lifestyle Medicine and Their Benefits with Urban and Activator® Poles:

### Physical Activity

Nordic walking with Urban and Activator® Poles enhances full-body engagement by activating 90% of muscles, improving cardiovascular health, balance, and strength. The poles offer stability and allow low impact yet effective exercise, promoting long-term physical activity habits for all fitness levels.

### Healthy Eating

Regular walking improves metabolic function and can support weight management goals when combined with healthy eating. Encouraging regular activity with poles can complement nutrition goals by promoting glucose regulation and appetite control.

### Stress Management

Walking with poles in nature or social groups helps lower cortisol levels, reduce stress, and improve mental health. The rhythmic movement offers a meditative effect, promoting relaxation while staying active.

### Restorative Sleep

Regular physical activity with poles is linked to improved sleep quality. By promoting better circulation, energy expenditure, and muscle relaxation, Nordic walking can help people fall asleep more easily and achieve deeper rest.

### Social Connections

Walking with poles is often a social activity, whether in classes, walking groups, or rehabilitation programs. The poles offer a shared experience that enhances community bonds and fosters social engagement, which is key to long-term wellness and emotional health.

### Avoidance of Risky Substances

By promoting a healthier lifestyle through physical activity, people are more likely to avoid risky substances like tobacco or excessive alcohol. Exercise can help manage cravings and promote a more balanced, healthy approach to life.



# URBANPOLING ACADEMY

UP Academy offers accredited, customizable certificate programs recognized internationally. Whether for fitness instructors or healthcare professionals (PT, OT, nurses), our platform meets diverse needs in medical fitness and wellness.

CEU Approved by:

USA PT  
State Boards



ACE  
APPROVED

Program Partners:



## Activator Advantage

- 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 lb per pole).
- 3/ Anti-vibration features.
- 4/ Adjustable in length.
- 5/ Bell-shaped tips for stability.



The Research  
Backs it!



Here to Learn More About  
Evidence Based Activator® Research  
and 300+ Research Studies on Benefits  
of Walking with Poles

## Urban and Activator® Program



Watch the Video for  
the Fit For Life Project



Watch the Video for  
the YMCA Program

“ 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

“ Based on recent evidence coming from Canada, we recommend to our patients to progress in the first few weeks, whenever comfortable, from using crutches to using specialised walking canes (Activator® Poles) to aid mobilisation and encourage normalising their gait pattern. ”

Dr. Mihai Vioreanu is a highly experienced, Irish-trained Orthopaedic Surgeon with expertise in knee and hip surgery obtained in Canada and Australia

