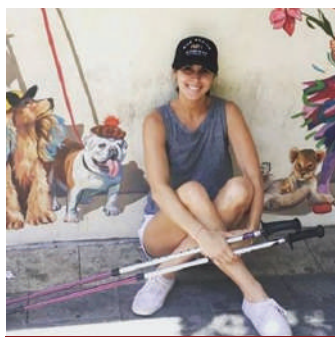


Research Benefits

Research studies clearly identify poling as a healthy mode of physical activity suited for improving quality of life, with the proper training. 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:

- Increased balance & stability
- Increased independence in daily activities
- Improved posture
- Increased confidence
- Increased in core strength
- Decreased stress anxiety and depression
- Increased walking tolerance

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



Jamie-Lynn Sigler happy of Using the Activator® Poles for Her MS

[read the article](#)



Click or Scan Here!

“ I could NOT have walked all over Provence, France without my new poles!!! I am not letting MS limit me!!! Many thanks,

Liane ”

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.

PATENTED

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.

“ Activator® poles are an excellent new tool for improving balance, posture and walking tolerance!

Cathy McNorgan
physiotherapist ”

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.