

LIVING WITH VESTIBULAR DISORDERS

In addition to the many health benefits of walking with poles, using the unique ACTIVATOR® Poles may provide superior support when walking by encouraging proper posture, better balance and overall improved stability. The use of these poles has also been shown to improve common symptoms related to vestibular disorders. The specialized ACTIVATOR® Poles and technique, designed by an occupational therapist & gerontologist, build walking-tolerance and confidence, promoting an easier transition to an active lifestyle following a vestibular diagnosis.

Research Benefits

Evidence-based studies on balance clearly identify poling as a healthy mode of physical activity suitable for individuals with balance and stability difficulties. Urban poling offers proven beneficial effects on key health parameters which may include:

- Better pain management
- Reduced impact on knee joints
- Higher exercise tolerance
- Improved posture, balance & stability
- Healthy weight management
- Increased gait speed

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



Julie S., 2021
Steps-2-Balance
Ambassador



“ I have some mobility and balance issues so walking was a chore, even though I love to walk. I discovered Urban poles and bought a pair of Activator poles over 1.5 years ago. I have never looked back. I walk every day! I am able to walk faster and with more confidence. I was on a weight loss journey and thanks to my poles giving me the confidence to walk, I lost 70 lbs. I am ”

Katherine

VEDA

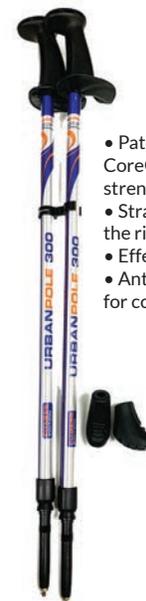
LIFE REBALANCED

Urban Poling is proud to be partner with Vestibular Disorder Association



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