

Quick Tips

- Urban poling combines the aerobic and strength-building benefits of cross-country skiing with the lower body technique of regular walking.
- Why just walk when you can urban pole? By adding poles, you turn a walk into a full body workout using 90% of the body's muscles.
- Walking with poles has been popular in Scandinavian countries for years and is becoming more popular in North America as people become aware of the health benefits.
- It is a great activity because it can be performed by people of all ages and almost all fitness levels. It is safe, effective, low impact and an inexpensive way to exercise.
- Urban poling can be done almost anywhere: sidewalks, parks, hiking trails and indoor tracks.

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Metis People.



"I first used my activator poles following a total knee reconstruction. My rehabilitation period was not only shortened, it was much more fun!"

- Jill Blair, Urban Pole User, Vancouver, BC

"Nordic Walking is an excellent tool for seniors to improve their gait, balance and posture."

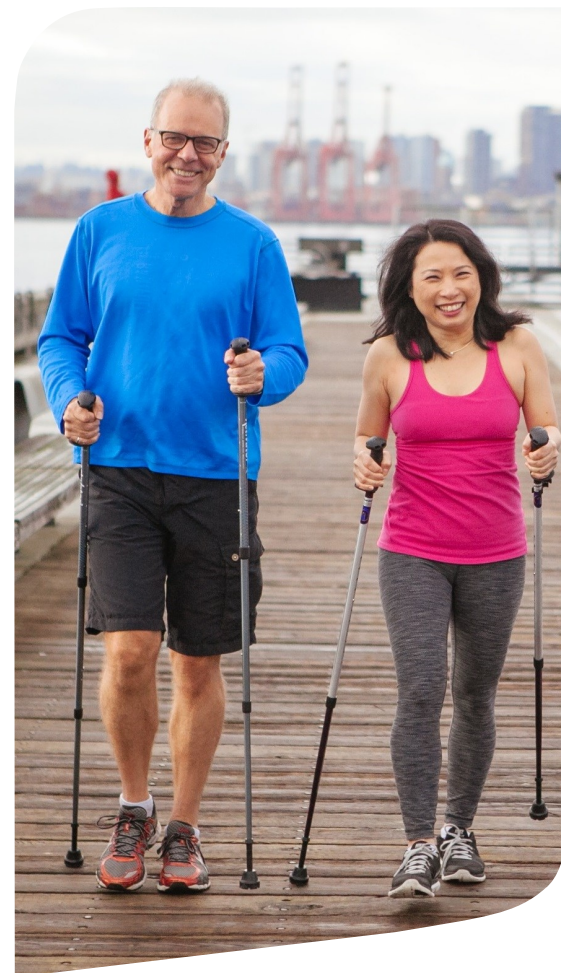
- Cathy McNorgan, Physiotherapist

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[saskhealthauthority.ca](https://www.saskhealthauthority.ca)

Nordic Walking - Urban Poling



Healthy People, Healthy Saskatchewan

The Benefits

The use of poles:

- Can reduce the risk of falling. The poles provide additional balance and stability, more evenly distribute weight and increase confidence during walking for those people who need it (e.g. people recovering from an injury or surgery, walking in winter).
- Is very effective for core and upper body strengthening, as well as improving posture.
- Is a low impact activity reducing stress on the back, hips, knees and ankles.
- Increases stride length, promotes a more normal step pattern and encourages a heel-toe stride that is more functional.
- For walking, has a significant effect on tolerance for exercise, improved coordination and quality of life.
- Can increase the intensity of your workout by 20-46%, oxygenates the blood and increases caloric expenditure.

What to Consider When Purchasing Poles

- Avoid wrist straps (as you are more likely to cause a wrist fracture or thumb dislocation if you fall).
- Light weight (constructed of aluminum, carbon fibre or titanium).
- Height adjustable/telescoping shafts with locking mechanisms to make sure they remain stable when you put weight on them.
- Spring-loaded shaft to reduce the impact on the elbows.
- Comfortable and wide enough grip. Avoid plastic handles as they are cold in the winter and slippery in the summer when hands tend to sweat.
- Always buy poles in pairs.
- The cost for good quality walking poles ranges from \$90.00 to \$150.00.



Where to Purchase

Urban Poles

Brainsport

616 - 10th St E, Saskatoon 306-244-0955

Michael's Pharmacy

40– 210 Slimmon Rd, Saskatoon

306-651-5264

Motion

Market Mall, Saskatoon 306-955-7243

Nordon Drugs

1610 Isabella St E, Saskatoon 306-374-1585

Pharmasave, (Humboldt)

531 Main St, Humboldt 306-682-2616

Hiking/Nordic Poles

Canadian Tire

301 Confederation Drive, Saskatoon

306-384-1212

1731 Preston Ave N, Saskatoon 306-373-3666

Eb's Source for Adventure

1640 Saskatchewan Ave, Saskatoon

306-652-0385

Outter Limits

630 Broadway Ave, Saskatoon 306-374-1663