



urban poling

USAGE & BENEFITS

WHAT IS URBAN POLING?

Urban Poling – aka Nordic walking (walking with fitness poles).

BENEFITS OF URBAN POLING:

- 20-46% higher caloric expenditure
- 25% increased cardiovascular workout
- Highly effective for core muscle strengthening
- Reduced impact on knee/hip joints
- Increased stability and balance
- Effective Gait retraining Tool
- Improved posture

CLINICAL RESEARCH AND SPECIAL USES :

- Type II Diabetes
- Breast Cancer Rehab.
- Hip and Knee conditions
- Mild CVA
- Fall Prevention
- Parkinson's Disease
- Osteoporosis
- Arthritis

For More Information
Please Visit the Website
or Contact Mandy Shintani

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URBAN POLING INC:

Urban Poling Inc. is the official training centre for the Sun Run Nordic Walking clinics and the co-developer of the new Activator poles for safe and effective use of walking poles for rehabilitation and frail older adults. Co-developed by occupational therapist Mandy Shintani, one of the leading experts on the health benefits of Nordic walking in Canada. Contact us for more information on the Activator, certification courses and presentations at your clinic.



VANCOUVER ▪ BURNABY ▪ PORT COQUITLAM ▪ LANGLEY

3888 Oak St. (23rd Ave. & Oak St.)
1615 W. 4th Ave. (4th Ave. & Fir St.) URBAN POLES ARE NOT AVAILABLE @ THIS LOCATION
 9-5901 Broadway (Park Crest Plaza, Btw Holdom & Fell)
 114-3200 Westwood (Westwood & Lougheed Hwy)
 1-20349 88th Ave. (88th & 201 St.)

Vancouver P 604.734.0224
Vancouver P 604.736.6537
 Burnaby P 604.299.0207
 Port Coquitlam P 604.942.4938
 Langley P 604.882.6510