

# NORDIC POLE WALKING

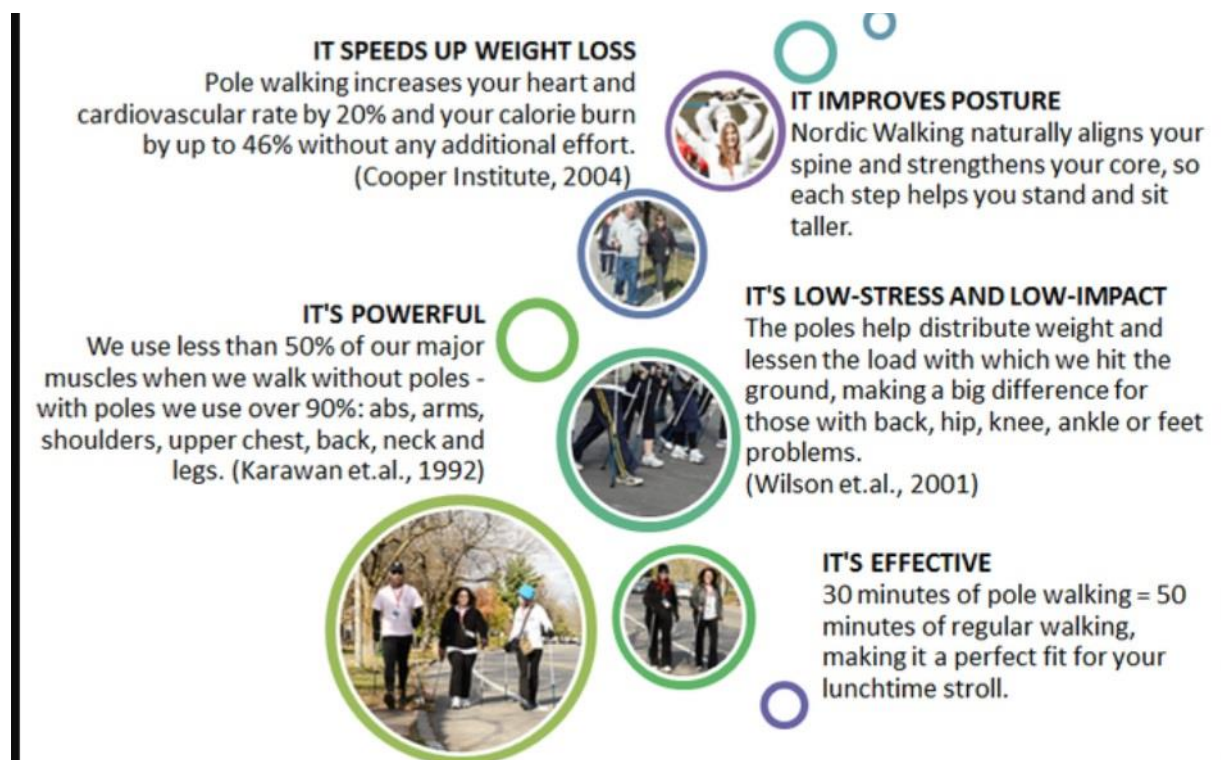
## ***What is Nordic Walking:***

Canada Am with Libby Norris <https://youtu.be/AMD1cB-72g4> (copy link into search engine)

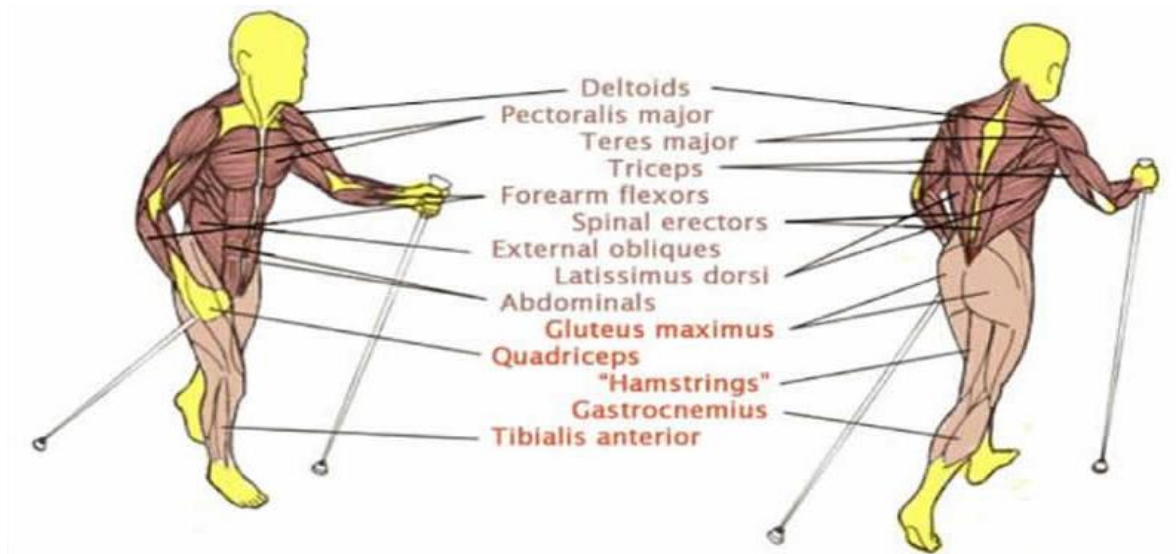
Nordic walking is a type of walking using poles that look like those used in cross country skiing. It originated in Finland where it was developed as a summer conditioning program for cross-country skiers. Also, known as urban poling and exersliding. It is more than just walking with poles. It is an evidence base, lower-impact activity which maximizes the health benefits of full body exercise. Research: [Nordic Walking Research | Urban Poling - Nordic Walking](#)

## ***Summary researched of benefits of Nordic Walking:***

- increases balance,
- improves confidence,
- reduces joint stress,
- decreases pain,
- improves mood, alleviates depression and fatigue
- and improves range of motion and gait speed.



Nordic walking involves not only the muscles from your lower body but also those from your arms and upper back. When completed properly, activates up to 90% of muscles, providing both aerobic and resistance training without stressing the joints.



Nordic walking can be enjoyed by all - the young; older adults; healthy individuals and those with chronic disease. Studies have shown that it is a safe and effective form of exercise for people with chronic health conditions, such as:

- Cardiovascular disease
- Parkinsons
- Fibromyalgia
- Chronic obstructive pulmonary disease
- Arthritis
- Peripheral vascular disease (bad cramping of your leg muscles when exercising)

### ***The Equipment:***

There are various brands of poles that vary in price range.

Basically 3 types:

1. Therapeutic poles: Designed with more support for individuals post-hip/knee surgery, persons with Parkinson's, stroke, MS, chronic pain, spinal conditions, or who just require more stability. Example: Urban

poling Canada - Activator poles (without glove) and Nordixx Canada - Stabilizer poles (with glove).

They may come with glove style strap or without

2. Nordic Walking – fitness poles, adapted ski poles.

Their job is to keep you upright when walking and to strengthen the upper body and core and to help take the pressure off joints.

May come with quick release glove style strap or without.

Poles with glove are traditional Nordic poles. The poles are on an angle and never come in front of you.

3. Hiking/trekking poles - meant for hiking on rough/rocky terrain, uneven surfaces and mountainous terrain.

Used to give you balance and takes stress off the lower body joints

They have a loose wrist “loop” just to keep the poles attached should you let go for any reason.

## IMPORTANT TO MATCH YOUR POLE TO YOUR INTENDED ACTIVITY.

Things to consider when purchasing poles:

Grip: positive angle, retention strap or no strap

Glove style advantage – allows for proper release of the pole on the backswing. Similar to cross country skiing. The straps help position your hands properly and keep the poles from falling.

Adjustability and locking system: one-piece poles are lighter and quieter.

To share they must easily adjust for the different heights of users.

Pole Tips, Paws and Baskets: Must have removable tips. Under the tip is a carbide tip for gripping natural trails. Some therapeutic poles have bell shape tips for stability and keep the poles vertical and for off loading.

Fitness poles have a rubber “paw” (boot) made for walking on asphalt, set at the proper angle to hit the pavement. If pole has a rubber tip similar to a cane tip it will wear unevenly. Tips are ideal for asphalt surfaces. Boot tips for positioning poles on a diagonal for fitness use.

Anti-shock systems – to reduce vibration in the hands, more enjoyable.

Reduces stress on the joints. No jarring of the elbows and shoulders.

## **Difference between Urban Poling and Nordic Walking**

Urban Poling no straps and you push off and propel yourself forward with your poles. Learning curve low – grab and walk

Nordic Walking have glove (straps) and you push back, mimicking cross country skiing– Learning curve higher – due to glove technique

### ***Benefits of a Community Nordic Walking Group program:***

- Above mentioned benefits, plus:
  - Motivation and support from other group members
  - Opportunity to meet people and socialize
  - Greater security and safety
  - Improvement in mental health
- The poles can also be used as a tool for other exercises, like stretches and arm-centric or overhead movements.

### **Training Mandatory**

To ensure that the poles are used correctly and activating the right muscle groups.

Risk management – trained leaders

