

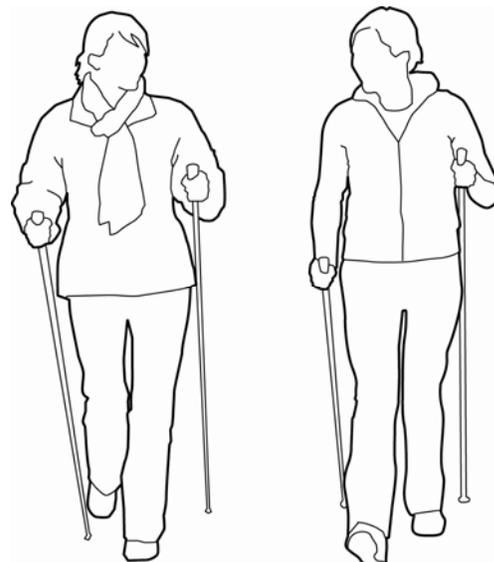
Walking Poles

Walking poles help to:

- Take weight off the joints in the your legs and feet, which may make it easier to be active when your joint is sore
- Burn more calories while walking (up to 40%)
- Improve posture and balance

How tall should my poles be?

Stand up straight with your elbows at your sides. Bend your elbows so that they are at 90 degrees, or an “L” shape. Adjust your poles so that you are holding the handles of the poles while your elbows stay in this “L” position.

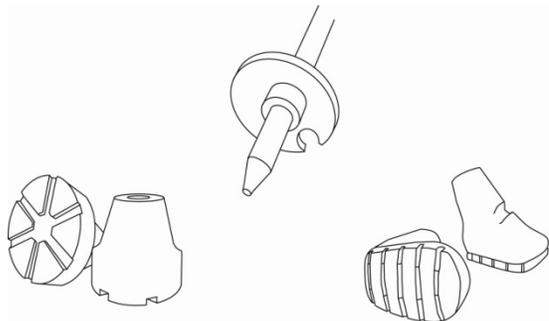


How do I walk with poles?

When we walk, our arms swing forward with the opposite leg. Do the same thing when walking with poles. Move your right pole forward with your left leg. Move your left pole forward with your right leg. Try to move your whole arm forward to plant the pole on the ground. Using poles works more muscles than regular walking. Begin by walking only 1/3 of your regular distance.

What kind of tip should I have on my poles?

A bell-shaped rubber tip (like the end of the cane) is good for balance and for taking extra weight. A boot-shaped rubber tip is good for moving more quickly as the angle of the tip helps to “push” you forward. If you remove the rubber tip you will find a metal tip. This is good for gripping natural trails and for use on slippery surfaces, e.g. icy sidewalks.



Where can I buy walking poles?

- Health / Medical Equipment stores
- Sporting Goods stores
- Activator Walking Poles – www.urbanpoling.com – 1-877-499-7999