Nordic Pole Walking

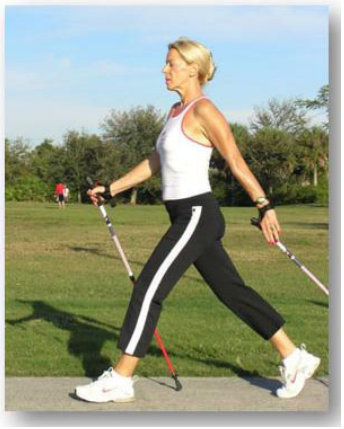
Health Benefits of Nordic Pole Walking:

- Burns 46% more calories over just walking
- Uses 90% of the muscles in the body
- Improves endurance, mobility and posture
- Low impact on hip, knee and ankle joints
- Positive effect on cholesterol, blood pressure, bone density

Over 350 research studies on the health benefits of NPW including:

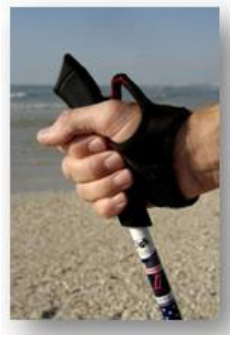
- Diabetes Type 2: Improves metabolism, reduces insulin resistance and reduces medication instantly. (*M.Nischwitz et.al. 2006*)
- High Blood Pressure: Reduces High Blood Pressure by 18mmHg within eight weeks. (*Ishikawa et.al. 1999; C.Diehm, 2007*)
- Eliminates Neck, Shoulder, Back Pain *(Schloemmer, 2005*)
- Improves Posture (*Koskinen et al. 2003*)
- Increases "Positive" Hormones (*R.M.Katz et.al 1992*)
- Reduction of Stress, Mental Disorders (*Mommert-Jauch 2003*)
- Helps in the recovery time for Breast Cancer Survivors (*L.K.Sprod et.al., 2005*)

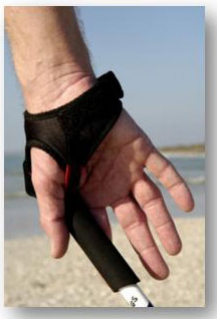
Why is Nordic Pole Walking such an effective exercise?



- NPW also incorporates the upper body muscles and 50% of our muscles are located above the belt line.

- The correct pole walking technique allows for muscle contraction and relaxation with each stride due to specialized hand-loops and extension of the arms.





Calorie Burning Rates per Hour of Activity:

Slow Jogging	280kcal
Walking	240kcal
Stationary Bicycle	210kcal
Swimming	330kcal
Aerobics	440kcal
Nordic Pole Walking	600 – 900kcal

Nordixx Walking Poles
available for sale: ($90 incl. tax)

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