

# Walking into a more creative workplace

## Improve your creativity and get fit at the same time

“All truly great thoughts are conceived by walking” wrote 19<sup>th</sup> century German philosopher Friedrich Nietzsche. Much has been said over the years about having a fit workforce and the benefits of regular exercise to enhance productivity, improve employee health and morale, and lower absenteeism. New studies have also shown that exercise, in particular, walking increases our creative thinking.

“A person’s creative output increased by an average of 60 percent when walking” stated researchers Marily Oppezzo and Daniel Schwartz of Stanford University in a recent study on creativity and walking. Research found that “walking at our own pace creates an unadulterated feedback loop between the rhythm of our bodies and our mental state that we cannot experience as easily when we’re jogging at the gym, steering a car, or biking.”

We know today that creativity and innovation are critical components in a successful and competitive marketplace. So how do we incorporate into our work day an opportunity to improve our creativity and get fit at the same time?

Nordic pole walking could be the answer.

Nordic walking is gaining popularity across Canada as a low impact fitness activity for individuals of all ages and for employee wellness programs. Toronto's Sunnybrook Hospital is only one of a growing number of organizations that has implemented a pole walking workplace program for their 10,000 employees. It’s easy to learn, it’s fun and available all year-round, especially here on Vancouver Island.

Just think, after a half-hour walk during a lunch break you could return to your desk feeling refreshed, invigorated, and more creative. Studies have shown that Nordic pole walking improves posture, stamina, circulation, and burns more calories over walking without poles.

You don’t need a gym membership or expensive equipment, just a good pair of walking shoes, a set of Nordic walking poles and comfortable clothing. You also don’t need to work up a sweat to get an overall workout.

To learn more about Nordic pole walking for yourself, your workplace or business, and to purchase Nordic walking poles visit [NordicpolewalkingComoxValley.com](http://NordicpolewalkingComoxValley.com) or call: 250-897-0654. Anyone interested in training for the Nordic pole walking section of the Times Colonist 10K in Victoria on Sunday, April 24<sup>th</sup> can email: [cegan10@telus.net](mailto:cegan10@telus.net). We are putting a team together from the Comox Valley. Links to research studies on creativity, walking and Nordic pole walking are posted on the website.

*Catherine Egan, B.P.E. (Kinesiology & Bio-Science), M.A. is a Nordic pole walking instructor and Nordixx walking pole distributor in the Comox Valley. Along with leading Nordic pole walking clinics, training, and presentations, Catherine facilitates workshops on inspiring creativity through nature, walking fitness, and self-care on her rural property, Mountain Spirit Garden Retreat. She co-facilitates the Finding your Wild Side-Invite the Wilderness In Workshop Series with Danielle Lambrecht, M.C., CCC., R.S.W. The first workshop of the season is Saturday, May 28<sup>th</sup>. For more info visit: [FindingyourWildSideWorkshop.com](http://FindingyourWildSideWorkshop.com).*