

POLE DANCING OR POLE



Pole dancing is an incredible way to get in shape, exercise and be active. It can help:

- Tone your triceps (back of upper arm)
- Develop stronger shoulders
- Burn more calories
- Strengthening your core (mid trunk)
- Improve posture and balance

But if you are not interested in hanging from a pole in any way whatsoever but still want to reap those benefits then try a different pole to exercise with.

Try Urban Poling aka Nordic walking. Nordic walking has been around since the late 1980's and is a total body experience.

Urban Poling combines an upper body technique similar to cross country skiing with the lower body technique of regular walking. Not surprisingly, it started in Europe as a way for Nordic athletes to train in the off-season and is now being touted as one of North America's fastest-growing fitness trends.

Because you're using your upper and lower body, you're targeting more muscles than you do when just walking. It uses 90% of the body's muscles while getting a better cardio workout. Studies show that Nordic walking burns 25 to 40 per cent more calories than regular walking, while helping to improve your posture, strengthen your core and tone your arms, legs and butt.

It is perfect for those who are:

- Interested in a convenient, lower-impact activity
- Avid walkers looking for something different and a full-body workout
- Walkers who don't enjoy or don't have time for traditional upper body resistance training
- Interested in weight loss
- Trying to be active but also need to protect against lower body injuries.



I personally started Urban Poling Poles because running & jogging all the time was getting hard on my joints and regular walking wasn't enough for me. Nordic walking has improved my posture, reduces stress and helped with weight loss and while still improving my cardio.

It is a great all-in-one workout:

- It's healthy for your heart: with 20-40% greater oxygen uptake
- Easy on your joints: spreading your load over four feet instead of two.
- You're steady on your feet: it enhances stability and balance.
- It's heavy on your calories: burning 20% to 40% more calories than regular walking.
- It totally tones your body: nearly every muscle works.
- It's for everybody!

I feel that staying active and attaining our weekly dosage of physical activity – 150 minutes per week of moderate to vigorous activity – is highly important. We - Kinetic Konnection – believe we can help people with poor leg health, osteoarthritis, falls prevention, common injuries and inactivity.

Our Walk More Do More Club is for people that need to start getting active and start fighting back against inactivity. Walking is a great starting point. It is SAFE. Simple, accessible, free and effective. Urban Poling is a fantastic way to boost your walking or get started with walking.

I host Urban Pole Walking clinics that are basically free and designed to teach you the skills of Urban Poling. I have demo poles to try so you don't need your own. We do not go for "walks" until you learn the proper techniques for:

- Improved walking speed
- Developing core strength & upper body strength
- Exercises with the poles
- Avoiding injury
- Improving balance & posture

“An easy, fun, low-impact and convenient way to increase the health benefits of walking.”



WALKING



*By: Robert Pula,
Kinesiologist & Owner
Kinetic Konnection*

After we have established the basics we will step out and begin our Urban Poling sessions.

We will also review proper footwear, gear, heart rate and exertion monitoring, scheduling, tracking and more.

The clinic is designed for beginners to intermediate users. Nordic Pole Walking is a great way to boost your walks but it is an amazing way to start walking as well.

Also - If you would like to have a FREE demonstration prior to getting involved please contact me directly. rob@kinetickonnection.com or call 519.258.4795.

Space is usually limited. New clinic sessions are starting in June. Call Kinetic Konnection to get more information. You can ask to speak to me directly or any speak to any of our wonderful staff or email me: rob@kinetickonnection.com



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