Nordic Pole Walking /Frequently Asked Questions
(The Ultimate Nordic Pole Walking Book)

1. What equipment do I need?
   • You need a pair of Nordic poles and sneakers and adequate dress according to your local climate. Then, you are ready to go.

2. Where can I Nordic Pole Walk?
   • Nordic Pole Walking can be performed on literally any surface, just about everywhere. On hard surface (pavement) you will use the rubber tips. On clay, sand, soil and grass you will remove the rubber tips.

3. Which parts of my body are being trained/exercised?
   • Nordic Pole Walking trains and exercises 90% of your body muscles (=600+ muscles), the cardiovascular system and also burns calories — all in ONE exercise.

4. How does the training affect my upper body?
   • Nordic Pole Walking involves approximately 90% of your muscles and especially engages your upper body and arm muscles.

5. Is Nordic Pole Walking good for Cardiovascular Training, too?
   • Nordic Pole Walking increases your heart rate by approximately 15 beats per minute.

6. How much does Nordic Pole Walking increase energy consumption?
   • Nordic Pole Walking increases your energy consumption by an average of 20%.

7. How does Nordic Pole Walking lead to an erect body posture?
   • Nordic Pole Walking leads to stabilization in the spinal musculature and upright body posture by the very nature of the exercises.

8. How many Calories are burned in one hour of Nordic Pole Walking?
   • Nordic Pole Walking increases burning of calories by up to 46% in comparison to walking exercise without Nordic Poles.

9. Is Nordic Pole Walking good for my neck and shoulder mobility?
   • Nordic Pole Walking significantly increases the lateral mobility of your neck and spine.

10. Is there less impact to the joints than with jogging or running?
    • Nordic Pole Walking reduces the impact on your knee and hip joints by 30%.

11. Does Nordic Pole Walking help reduce pain?
    • Nordic Pole Walking mitigates pain and muscle tension in the neck, shoulder and back regions.

12. What is the correct length of the poles I should be using?
    • The correct length of the poles is 65% of your body height.
13. Should I use adjustable or non-adjustable poles?
   • Beginners should start with adjustable Nordic Poles.

14. What is the Difference between Nordic Walking Poles and ski and/or hiking poles?
   • The hand loops on Nordic Poles are designed to perform the correct technique and to
     achieve the most benefits for the upper body muscles. You cannot use hiking or ski poles
     for Nordic Pole Walking because they are designed for different purposes.

Nordic Pole Walking

Health Benefits at a Glance

1. Nordic Pole Walking burns up to 46% more calories.
2. Increases heart- and cardiovascular training up to 22%.
3. Incorporates 90% of all body muscles.
4. Helps to eliminate back, shoulder and neck pain.
5. Less impact on hip, knee and foot joints.
6. Increases production of “positive” hormones.
7. Supports stress management and mental disorders.
8. Develops upright body posture.

There are approximately 350 clinical and scientific reports about the health benefits of Nordic Pole walking available in scientific publications.

Examples of Scientific Studies about Nordic Pole Walking:

- Nordic Pole Walking burns up to 46% more calories than exercise walking without poles or moderate jogging. It is an excellent exercise for optimum weight loss combined with a balanced nutritional plan.  
  (Cooper Institute, 2004, Dallas and other)
- Increases heart- and cardio-vascular training up to 22%.
  (Foley 1994; Jordan 2001, Morss et al. 2001; Pocari et.al.1997 and other)
- Incorporates 90% of all body muscles in one exercise and increases endurance of arm muscles (Triceps) and neck- and shoulder muscles (Latissimus) to 38%
  (Karawan et al. 1992 and other)
- Helps to eliminates back, shoulder and neck pain.
  (Attila et al., 1999 and other)
- Less impact on hip, knee and foot joints; about 26% in comparison to jogging.
  (Wilson et al., 2001; Hagen 2006, and other)
- Increases production of “positive” hormones. Decreases “negative” hormones.
  (R.M. Klatz et.al., 1999; Dharma Singh Khalsa, 1997)
- Supports stress management and mental disorders.
  (Stoughton 1992; Mommert-Jauch, 2003)
- Develops upright body posture.
  (Schloemmer 2005)

Contact us at Cornell Physiotherapy for Free Introductory Clinics!
P: 905-910-0012 email: info@cornellphysio.ca website: www.cornellphysio.ca