

LUNCH & LEARN

LIVING WELL & AT U OF L



Nordic Pole Walking

By Elizabeth Sutton, Peak Physical Therapy

Tuesday, April 10th, 2018 from 12 pm – 1pm in AH 100

Nordic Pole Walking (also known as Urban Pole Walking) is a low-impact cardio exercise that provides a TON of health benefits including: increased calories burned, up to 90% of muscles used, reduced stress on your hips and knees, and more!

Elizabeth will introduce the basic technique of Poling and provide information on the benefits of Poling. The presentation will include an approximately 15 – 20 minute talk, followed by an active participation and demo of the techniques. Participants are asked to bring their own poles if they have some, as there are a limited number of demo poles. The demonstration will take place outdoors, weather permitting. If the weather isn't cooperating, the demo will take place in doors so please ensure your poles have rubber tips.

Elizabeth is the owner of Peak Physical Therapy, as well as a Physiotherapist.

Since Peak Physical Therapy started more than 20 years ago, Elizabeth has always used the best treatment options for her clients including manual therapy, acupuncture, kinesiotaping techniques, and collaborating with the other therapists to help achieve the best possible outcomes. Along with all of her other various certifications, Elizabeth is also a certified Nordic Pole Walking Instructor.



Register Online or by email: Wellness@uleth.ca

