

Nordic Pole Walking

Nordic Pole Walking is significantly more effective than regular walking.

Scientific & Clinical Studies on increased Health Benefits:

1. **Burns 20% – 67% more calories** than walking without poles. .
(Cooper Institute, 200, Dallas. Wuepper et.al.. German Journal. of Sports Medicine, 2005).
2. **Increases heart- and cardiovascular training to 25%** (Foley 1994; Jordan 2001, Morss et al. 2001; Pocari et.al.1997 and other).
3. **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).
4. **Diabetes Type 2:** Improves diabetes metabolism, reduces insulin resistance and reduces medication drastically within three months (M.Nischwitz et.al. 2006)
5. **High Blood Pressure:** Reduces High Blood Pressure by 18mmHg within eight weeks. (Ishikawa et.al. 1999; C.Diehm, 2007)
6. **Eliminates back-, shoulder- and neck pain** (Attila.,1999. Koskinen, 2001)
7. **Less impact on knee- joints** about 26%
(Wilson et al., 2001; Hagen 2006, and others)
8. **Reduces self reported depressions scores significantly**
C. Willemer, K. Krüger, F.C. Mooren, K. Völker, S. Knecht and A. Flöel, University of Muenster, Germany, 2008
9. Supports **stress management** and **mental disorders** (Stoughton 1992, Mommert-Jauch, 2003).
10. Develops **upright body posture**. (Schloemmer 2005)

