

CitrusRoute

PERSONAL TRAINING

Walk Your Way to Health

Don't let the winter weather deter you from getting some outdoor exercise. Urban Poling, also called Nordic Walking is a great way to change the intensity of your walking workouts by improving your cardiovascular endurance and muscular strength.

Urban Poling combines the aerobic and strength building benefits of cross-country skiing with the convenience of walking. By using the poles you take your walking workout to the next level, engaging as much as 90% of the body's muscles while improving posture, balance, and stability.

By using more muscles, more calories are burned, as much as 46% more than regular walking. Using the poles can increase cardio output by up to 25% more than regular walking, so it's an excellent fitness program.

People of all ages and fitness levels will benefit from using urban poles.

Whether you are looking for motivation to get off the couch, a way to optimize your current walking routine, or for an effective cross-training alternate, urban poling may be for you!

Key Facts about Urban Poling:

- 25% increased cardio workout
- Burn up to 46% more calories
- Core muscle strengthening
- Reduces stress on hips, knees, & ankles
- Provides stability & balance
- Improves posture
- Provides resistance training
- Easy to learn & suitable for people of all ages & fitness levels!

Newsletter March 2015



Friday March 27th, 2015 @ 4:30

Learn to Urban Pole –Grand Trunk Trail on
George St., Cambridge. Email to confirm a spot!

www.citrusroutept.com