

## Walkers pole to healthier exercise

### Clinics add urban poling to healthy walking regimen

Langley Advance

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Walking is regaining popularity, because it is easy, low-impact, and convenient, as Lois Tomlinson will tell you.

The urban poling instructor is introducing a new walking clinic in Walnut Grove this weekend - but the sessions come with a twist.

Tomlinson is adding poles.

"I believe consistency is the key to achieve a lasting, healthier lifestyle. And walking is the perfect way to begin your new wellness goals," she said.

The five-week pole-walking clinics are on Saturdays, 10-11 a.m., through the Walnut Grove SportsMed Store.

Also known as Nordic walking, urban poling is a full-body, low-impact activity that engages 90 per cent of the body's muscles, claims Tomlinson, a self-proclaimed hiking and snowshoeing fanatic who has added Nordic walking to her passions.

All that's needed are walking poles, to begin exercising on neighbourhood streets and local trails, she explained.

Tomlinson, a Vancouver resident, is offering similar classes in West Vancouver, Vancouver, and North Vancouver other days of the week.

"Walking with poles is become the latest new craze in the Metro Vancouver area," she said.

But because the concept is still relatively new in the Fraser Valley, Tomlinson was recently invited by Dale Harris of SportMed, and Mandy Shintani of Urban Poling Inc. to kick off the new Langley sessions.

Feedback and results from participants in the other sessions has been amazing, Tomlinson said. It ranges from weight loss, increase in toned muscles, improved posture, reduced neck and back pain, increased energy and general well being.

"From the moment I was introduced to Nordic walking, I loved it. I had fun and felt like I'd had a good workout without any stress or strain or pain," said Carolyn Sinclair a member of Natural Trekking's weekly walking group.

The local classes begin Saturday, Sept. 26.

"Exercising outdoors is revitalizing and participants love exploring a variety of parks and trails, feeling physically challenged and creating new friendships. It is an uplifting and positive experience" Tomlinson said.

"The trend towards participating in activities for a longer, healthier life and a demand

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CREDIT:

Lois Tomlinson, second from right, leads a weekly walk-fit group in Vancouver - like one starting in Walnut Grove.