Walking Poles and Your Health

Potential Benefits of Using Walking Poles

- Walking poles have been shown to be effective in improving functional status.
- Have demonstrated benefits in the following conditions:
  - Chronic back pain
  - Chronic obstructive pulmonary disease
  - Congestive heart failure
  - Intermittent claudication
  - Parkinson’s disease
How to Use Walking Poles

- Set and secure the height of the walking poles such that the elbow is at a 90-degree angle.
- Maintain an erect posture, and avoid hunching over.

Where to Purchase Walking Poles

- Other names for walking poles include “trekking poles”, “adjustable poles”, “snowshoe poles”, and “Nordic walking poles.”
- Prices can range from $21 to $197 or more for a pair of poles.

- Mt. Snow
  - Sports Odyssey: (802) 464-2002
- Brattleboro
  - Sam’s Outdoor Outfitters:
    - (802) 254-2933
  - Burrows Specialized Sports:
    - (802) 254-9430
- Bennington
  - Not available
- Online
  - Check Amazon.com or other online shopping websites.

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