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.