



Presented by Nadine Chajkowski
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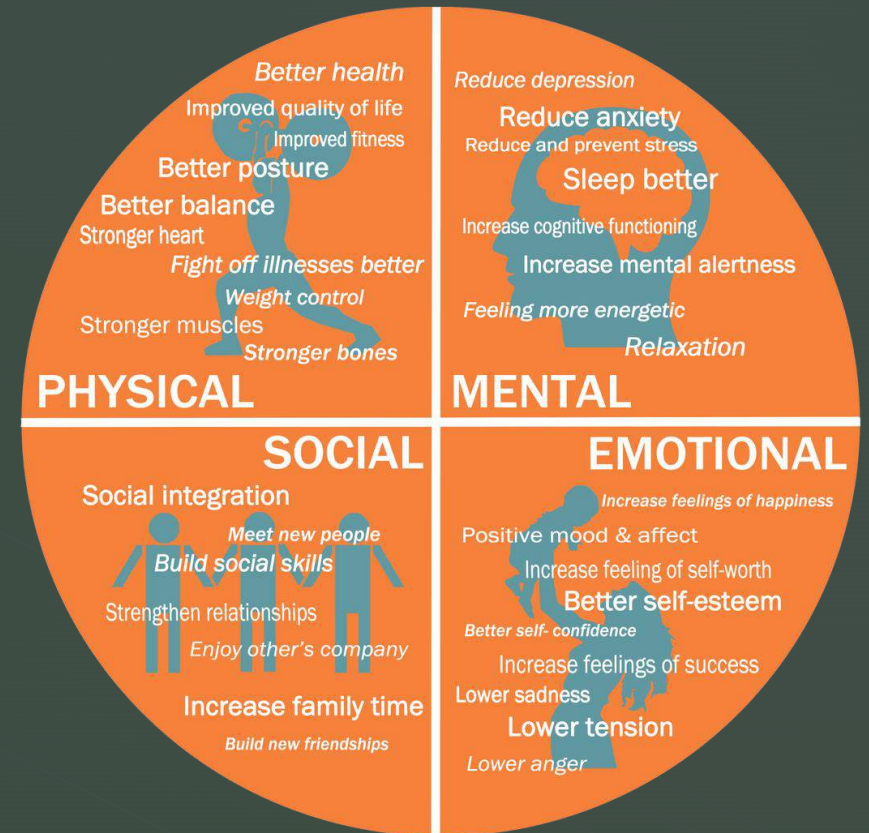
Walking in Winter

Walking in Winter

- Benefits of walking or exercising (any time of the year)
 - Physical
 - Mental
 - Emotional
 - Social
- Equipment needed
- Benefits of Walking in Winter
- Techniques to Walking in Winter
- Differences between walking with and without walking poles
- Healthy Lifestyle
- Demonstration of walking with poles

Benefits of Walking

- Physical
- Mental
- Social
- Emotional



Physical Benefits of Walking or Exercising

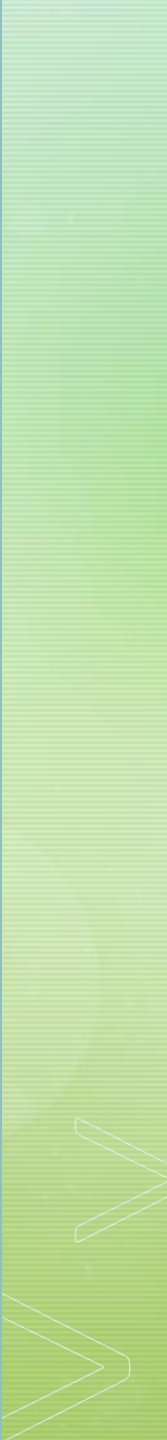
- Improved quality of life
- Improved heart and lung strength
- Improved posture and balance
- Changes and improves body composition
- Improves immune function
- Strengthens muscles
- Lymph system is activated
- Decrease susceptibility of lifestyle diseases like
 - hypertension (high blood pressure)
 - high cholesterol
 - joint and muscular pain or stiffness
 - diabetes

Mental Benefits of Walking or Exercising

- Better able to fall sleep and stay asleep
- Improved memory, sharper thinking and mental alertness
- Feel more energetic and have more energy
- Reduce symptoms of depression, stress and anxiety
- Reduce symptoms of ADHD, PTSD and Trauma
- Stronger resilience to better able to cope with life

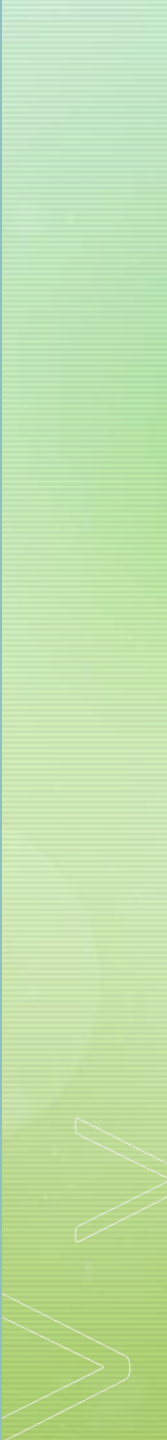


Emotional Benefits of Walking or Exercising

- Increase happiness and contentment
 - Improves mood
 - Self worth increases
 - Improve self esteem and self confidence
 - Reduces sadness and anger
 - Feel good hormones like serotonin, Norepinephrine, BDNF and Dopamine are released
 - Endorphins are also released
- 




Social Benefits of Walking or Exercising

- Relationships can be strengthened if the activity is done together
 - Joining groups is a way to connect with people with similar interest
 - Walking groups help promote connectedness and physical fitness
 - Meet new friends. A stranger is a friend you haven't met yet.
- 



Equipment for Walking

- Walking in Summer
 - None - you walk as you are and good to go - Wear bright, visible clothing.
 - A reflective vest or gear is optimal any time of day (optional)
 - Walking poles (optional)
 - Walking in Winter
 - Winter coat, gloves, scarf, toque and boots
 - Boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved or waffled soles are best.
 - Ice grips for boots
 - A reflective vest or gear is optimal any time of day (optional)
 - Walking poles (optional)
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Benefits of Walking in Winter

- Cold fresh air is known for stimulating the lymph and the immune system
- Walking can beat the “winter blues”
- Winter residents who go outside are more resilient in general
- Burn more energy keeping warm

Differences between walking with and without walking poles

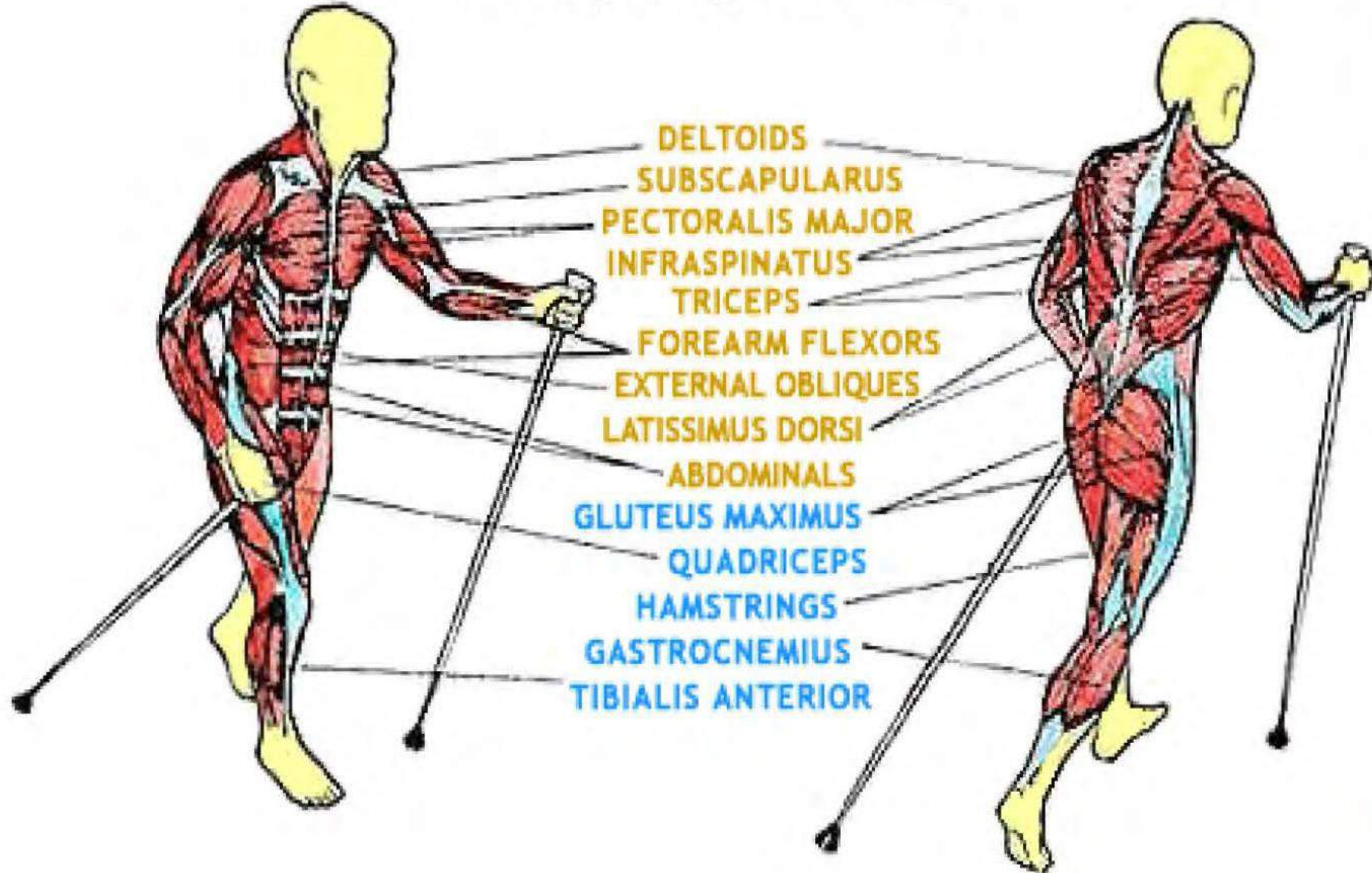
- Without poles
 - Works out the lower part of the body
- With poles
 - Whole body workout
 - More stability in icy/snowy conditions
 - For the elderly more stability in general

Techniques to Walking in Winter

- Assume that all wet, dark areas on pavements are slippery and icy and proceed with extra caution
- Keep your head up and hands out of your pockets!
 - Keep your head up to keep your posture erect and to see what is up and coming
 - Hands in your pockets while walking decreases your center of gravity and balance.
- Use a cane, walking stick or Nordic poles to help with balance.
- Shorten your strides to help with balance and stability.
- Walk with a buddy! The camaraderie will help to perk your spirits and motivate you to keep up a walking routine.

Works 90% of Your Muscles


urban poling vs walking



Health Lifestyle



Thank You

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