



UNIVERSITY OF OTTAWA  
**HEART INSTITUTE**  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



# **CARDIAC REHABILITATION**

## NORDIC WALKING

**© 2024 University of Ottawa Heart Institute**

This Patient Guide and its contents are the property of the University of Ottawa Heart Institute (UOHI). They may not be modified, sectioned, copied, reproduced or republished without prior explicit permission from UOHI. The content has been prepared for general information purposes only and is not intended to provide specific medical or professional advice. The authors of this Guide do not assume any liability or loss in connection with the information provided herein.

The Heart Institute logo and swirl are trademarks of the University of Ottawa Heart Institute. All other trademarks and copyrighted materials are the property of their respective owners.



## NORDIC POLE WALKING

Nordic Walking is a form of physical activity, which involves walking using specially designed poles in a manner similar to cross-country skiing. Walking with these poles in the correct technique provides you with a full body workout by engaging the muscles in your core, upper body and legs. It has many benefits, is easily learned, and can be tailored to fit the individual needs of the walker. Poles can be used outdoors on walking tracks and trails, or indoors, such as in shopping malls.

### NORDIC WALKING BENEFITS?

- Full body workout (uses 90% of your muscles)
- Burns 20-40% more calories than regular walking
- Improves posture and mobility in upper body
- Improves balance and core strength
- Increases heart rate for the same level of exertion
- Improves energy and mood while reducing stress
- Effective for helping to manage diabetes, cardiac rehab, a variety of injuries, chronic pain, obesity, breast cancer, etc.



**Pole length** can be determined by taking the height of the person in centimeters (cm) minus 50 cm or having a person standing upright with arms at the sides of the body and elbows bent at a 90 degree angle. Then adjust the poles so that the lower arm remains parallel to the floor, when holding the pole grip.

### HOW DO YOU BEGIN?

As with any new physical activity, Nordic Walking should be started slowly with short duration walks. The force placed on the poles should feel light to moderate. Nordic Walking should be practiced on level ground initially. As the walker gains strength, the walking duration and intensity can be increased. Warm up and cool down periods should be included, and easy stretching at the end of the walk is ideal. See the online video for more tips. **Nordic Pole Walking Techniques:** [www.youtube.com/watch?v=fJY6\\_DLJ2Kg](https://www.youtube.com/watch?v=fJY6_DLJ2Kg)

### WHAT TYPES OF POLES SHOULD YOU GET AND WHERE DO YOU BUY THEM?

There are many types of walking poles. Two we use at the University of Ottawa Heart Institute are, Nordic Walking Poles and Activator Poles. Nordic Walking poles are the best for improvement of cardio-respiratory fitness. These poles have glove style straps for comfortable hand position and removable rubber tips that are curved for easy push off. Activator poles are ideal for balance support and unloading of lower body joints. These poles have easy, comfortable hand grips and rubber tips that are flat at the bottom to help improve balance. Talking to your Physiotherapist will help determine which poles are most suited for your needs. Please see the attached list of places to buy walking poles.

**\*Please call to verify availability\***

**THERE ARE MANY PLACES TO PURCHASE WALKING POLES.**

You can try your local Canadian Tire, Mountain Equipment Co-Op or one of the following stores:

<b>VENDOR</b>	<b>ADDRESS</b>	<b>COST</b>	<b>PHONE</b>
Amazon.ca	Search for Nordic or Activator Poles	\$30-75	
Agecomfort.com	agecomfort.com/products/nordic-walking-poles-by-nordixx.html	\$79.99	
Bushtukah	203 Richmond Rd, Ottawa also available online below store address	\$20 - \$200	613-792-1170
Canada Care Medical	1644 Bank St, Ottawa	\$147.99	613-234-1222
Carleton Place IDA	47 Lansdowne Ave, Carleton Place	\$99	613-257-1414
New Edinburgh Pharmacy	5 Beechwood Ave, Ottawa		613-749-4444
Ontario Medical Supply Limited	1100 Algoma Rd, Ottawa	\$119.99	613- 244-8620
Urbanpoling.com		\$109.99	
Shoppers Home Health Care	Various Locations across the city	\$120	
Walmart.ca	walmart.ca/en/ip/rockwater-nordic-walking-extendable-poles/6000189054472	\$ 28.99 - \$67	

**In addition to the above, Nordic Walking poles can be ordered through the following locations:**

Greenbank Hunt Club IDA	250 Greenbank Rd, Ottawa		613- 288-1414
Kine Medics	250 City Centre Ave, #116		613-686-4557
Paul's Pharmasave	990 River Road, Manotick		613-692-0015
Stittsville IDA	1250 Stittsville Main St, Stittsville		613-836-3881

**\*Contact the locations for more information about date/times/cost\***

**WALKING GROUP LOCATIONS IN OTTAWA:**

<b>VENDOR</b>	<b>ADDRESS</b>	<b>CONTACT</b>
City of Ottawa	<a href="https://search.ottawa.ca/en/?keywords=nordic%20walking">https://search.ottawa.ca/en/?keywords=nordic%20walking</a>	
Eileen's Yoga	<a href="http://www.eileensyoga.com/urban-poling-yoga">www.eileensyoga.com/urban-poling-yoga</a>	
Evolve Fitness Ottawa	953 Somerset Street West, Ottawa ON K1R 6R8	613) 421-7889
Fine, Julie 1:1 or 2:1 personal training	21 Nadolny Sachs Private	613-291-5559 <a href="mailto:jfinefitness@gmail.com">jfinefitness@gmail.com</a>
Lindenlea Community Association	15 Rockcliffe Way	613-742-5011 <a href="mailto:nina.lepage@gmail.com">nina.lepage@gmail.com</a>
LiveBy Pilates	270 Catherine St & 64 Stonehave Dr	613-699-0932
Nepean Senior Recreation Centre	1701 Woodroffe Ave	613-580-2828 ext 2 Ask for athletics center
NordicWalkfit	Kanata/Stittsville/Ottawa West or Barrhaven	613-867-2744 <a href="mailto:wendipaterson@hotmail.com">wendipaterson@hotmail.com</a>
 Sandy Hill Community Health Centre	221 Rue Nelson	Nordic Walking club 613-244-2816



**HeartWise Exercise Locations:** <https://heartwise.ottawaheart.ca>