

SENIORS LIFESTYLES

Physiotherapists prescribe Nordic pole walking to senior patients

An increasing number of Canadian physiotherapists are realizing the benefits of Nordic pole walking for their patients, adding a rehabilitation dimension to the already-popular fitness trend.

Nordic pole walking boasts an easy-to-learn technique, with little risk to the body. It helps strengthen core muscles, contributes to weight loss and decreases stress on hips and knees. The versatility of the activity makes it appealing to physiotherapists, who see it as ideal for people with mobility issues, or those living with chronic conditions such as arthritis.

While Nordic walking can be practised almost anywhere, it's important to have the right equipment and instruction.

"Don't be tempted to use skiing, hiking or trekking poles, which are designed for totally different purposes," says Cathy McNorgan, a physiotherapist and certified Nordic walking instructor. All Nordic poles



Nordic Pole Walking master instructor Ginger Quinn (far right) leads pole walkers, at the Dufferin Rural Heritage Community Centre (Agricultural Society building) in Prospect Park, Acton.

have a spike tip at the bottom for walking on variable outdoor terrain, covered by a rubber tip that grips sidewalks and other surfaces, to ensure safe use.

Physiotherapists prescribe this exercise to patients who would most benefit from the unique workout. The fluid and rhythmical pattern of walking can help to improve coordination and movement in people in the early stages of Parkinson's disease and multiple sclerosis,

for example.

Researchers have discovered another hidden benefit to Nordic walking, which is that it gives patients a good total body and cardiovascular workout without being exhausting — it's effective and efficient. As a result, Nordic walking has proven to be successful with people who need to lose weight and just be more active generally.

"Many health benefits are directly related to how hard you work," says Gail Dech-

man, an assistant professor in the school of physiotherapy at Dalhousie University. "If people can elevate their heart rates using the Nordic walking technique without feeling like they're working harder, that's fantastic."

To learn more about incorporating Nordic walking into your rehabilitation, therapy or exercise routine, consult a physiotherapist. Find a physiotherapist near you at www.physiotherapy.ca

Take your pick of local pole walking groups

Nordic Pole Walking is a low impact, weight bearing exercise that engages 90% of the body's muscles. Whatever your fitness level, come lighten the load on your hips and knees, strengthen your upper body and improve your posture!

For information about Nordic pole walking: Master Instructor Ginger Quinn 905-691-9122, gin-

ger.quinn@sympatico.ca

Nordixx Walking Groups:

Acton

Monday thru Friday— 10 a.m. to 11 a.m. in the Dufferin Heritage Centre (Agricultural Society building) in Prospect Park, 30 Park Ave.

Glen Williams

Sundays— meet at the Gazebo in Glen Park, 9:30 - 10:30 a.m.

Georgetown

Wednesday— meet at the the Gellert Community Centre parking lot, 6:30-7:30 p.m.

Saturday— meet at Creature Comfort Co, 92 Main St. S. in Downtown Georgetown, 9 a.m. to 10 a.m.

Bring a twoonie each time for a different charity at each walk. Poles available at the sites.

Georgetown Denture Clinic
Creating confident smiles since 1982.
Alexander Trenton
D.D., F.C.A.D. (A) Denturist
18 Church Street, Georgetown (Across from the Library and Cultural Centre)
(905) 877-2359
www.georgetowndentureclinic.ca

Acton Denture Clinic
Tracy Mitchell D.D.
130 Mill Street East,
Acton
Full & Partial Dentures
Implant Retained Dentures
Precision Dentures (BPS® Certified)
Same Day Service for Repairs & Relines
Dental Lab On Site
No Referrals Needed
519-853-0079

LONG TERM CARE AND RETIREMENT LIVING
Eden House
Care Facility Inc.
"A Nice Place to Live"
Please call for a tour 8:30 am - 5:00 pm
Accredited by:
ORCA, CLTCA, and others.
"Serving Seniors since 1968"
R.R. 2, Guelph 519-856-4622
www.edenhousecarehome.ca

Seniors Lifestyles
Published the first Thursday of every month.
Call Amy Sykes for advertising info.
905-873-0301 ext 237
asykes@theifp.ca

Mountainview Residence
This 81 suite Retirement Residence offers home-cooked meals, daily housekeeping, laundry services, nursing staff and planned social activities.

Mountainview Terrace
60 apartment style suites for cognitive self-sufficient seniors.
Included in monthly fee:
Weekly housekeeping, lunch & dinner, activities.
Owned & operated by the Summer family
Situated on a beautifully landscaped 5.6 acre property at 222 Mountainview Rd. N., Georgetown
For more information or to enjoy a personal tour – simply call 905-877-1800.
www.mountainviewterrace.ca www.mountainviewresidence.ca

FOX RUN
A Home Away From Home
Specializing in Alzheimer's Clientele
"TOTALLY SECURED ENVIRONMENT"
Fox Run is a country estate located on four scenic acres overlooking the Caledon Hills, and close to the quaint village of Erin, Ontario. Fox Run caters exclusively to individuals in early to mid states of Alzheimer's disease and related dementia. We offer a non-institutional alternative for those who can no longer live alone and need around the clock attention.
Contact Patricia Kelly (Owner/Administrator) at 519-833-1033
RR2, Erin, Ontario