

REAL Nordic Walking Poles Radically Improve Balance, Stability And Gait

(NO Longer Just For Athletes, Backpackers & Expert Skiers Deprived Of Snow!)

Over 12 million Europeans are Nordic Walking with special Nordic Ski Walking Poles (ALL ages and ALL fitness levels). This amazing new fitness activity turbo charges the normal walking regimen. Not only does Nordic Walking burn up to 40% more calories than regular walking, it automatically improves walking posture and helps to reduce the stress to the shins, knees, hips and back. Utilizing the correct length poles encourages improved walking posture, while the poles and your arms absorb an impressive amount of the shock that would typically hit the shins, knees, hips and back. Nordic Walking is ideal for athletes, kids, adults of all ages and even folks with balance issues.

Nordic Walking's winning combination of improved posture, a unique 4-Wheel-Drive type action and shock absorbing benefits - helping many individuals to walk comfortably again. Nordic Walking Poles are helping individuals with balance issues, knee issues or new knees, hip issues or new hips, back issues (including those with rods in their back), weight issues, multiple sclerosis (MS), Parkinson's (PD), amyotrophic lateral sclerosis (ALS), diabetes, neuropathy, arthritis, bursitis, scoliosis, lumbar stenosis, fibromyalgia, post-polio, osteoporosis, stroke recovery, cancer recovery and other limitations to walking. Nordic Walking poles are helping thousands of Americans get off the couch, successfully get outside, start walking safely and effectively launch much needed walking campaigns.

Ten years ago I launched WWW.SKIWALKING.COM and The American Nordic Walking System. Right away I received hundreds of thank you emails and thank you cards from happy customers - including folks with bad/new knees, bad/new hips, back problems and balance issues. One lady called me during the fall of 2004 and asked if the poles would help improve her balance problems stemming from an inner ear issue. I told her I wasn't sure, but I did share with her several impressive success stories from folks with knee, hip and/or back problems. By using the correct length poles she was able to navigate even the roughest terrain with balance and security provided by the poles. She has been successfully using my Swix VIP Nordic Walking Poles for years now.

While hosting Nordic Walking at The Fitness Center in Traverse City, Michigan I was introduced to Michelle Honer. Michelle had signed up to participate in one of my Ski Walking Classes. When she walked up the handicap ramp prior to the class with her cane it was apparent that she had some balance issues and she informed her classmates that she had MS. Our 1st Ski Walk was only a few blocks down and back. Within several weeks we were covering about 2 miles in one hour.

For seven prior years Michelle had ridden an electric scooter in the Traverse City MS Walk. Michelle's Nordic Walking Poles helped to enable her to walk the 5K (3.1 miles). Local newspapers and TV stations have covered her remarkable story.

"My special Nordic Walking poles have allowed me to walk taller, faster, further and with much more stability than with my cane. Their one-piece design is so much better than my old adjustable poles that broke unexpectedly at an extremely inconvenient time" says Michelle.

Michelle is now an official Ski Walking Ambassador for SKIWALKING.COM and proudly wears her Ski Walking Shirt made of organic cotton while assisting at many of my Nordic Walking Clinics.

Michelle's success with the walking poles encouraged me to host free Nordic Walking Clinics at MS Support Group meetings. She suggested that I also contact the Jimmie Heuga Center in Colorado. The Heuga Center is dedicated to helping those with MS lead healthier and happier lives.

This summer we donated real Nordic Walking Poles and hosted free Nordic Walking Clinics at Fort Carson in Colorado for the Wounded Warriors. Many of these American heroes came to our clinics using canes and walkers. One Wounded Warrior had just been released from his wheel chair. ALL found that using the correct length poles really did radically improve balance, stability and gait.

I receive thank you letters and emails everyday from super happy customers. Here are a couple wonderful examples:

I just returned from a 14-day trip to London and Ireland. I was able to do almost everything using my ski poles or "walking sticks" as they call them in England and Ireland. I could not have considered this trip without my "walking sticks" and I am grateful for them. I hope all Parkinson's patients will be able make use of " walking sticks".

Again, thanks for making my once in a lifetime adventure a reality.

Jean

We've been Ski Walking everyday, I was truly amazed at watching Linda, if didn't know that she has MS and the related gate problems that most MS patients have, I would not have believed it! She walks "normal" whatever that is? Your poles are great!

Howard

My husband bought me your poles for my birthday last week. I LOVE them. I have MS and walk with a slight limp and my balance is off sometimes. I am now walking in the park at a brisk walk every day for about 1 1/2 miles. Thank you so much. They make a big difference in my walking. I told him they are the best birthday present he has ever bought me. Thanks again.

Peggy

It may sound like magic, but it is just good physics. The key is using "perfect length" Nordic Walking Poles.

Perfect length poles help us to automatically walk with a super straight back - better walking posture is biomechanically a good thing. This improved walking posture when combined with the unique 4-Wheel-Drive type action of walking with poles radically reduces the stress to the shins, knees, hips and back. Nordic Walking is low impact and yet provides a highly effective workout - burning more calories and working more muscle groups than regular walking.

I recommend quality one-piece poles that won't collapse unexpectedly. One-piece poles are safer, lighter and much more durable than adjustable/telescoping/collapsible poles. Adjustable/telescoping/collapsible poles should NEVER be recommended for anyone with a balance issue. Hundreds of backpackers have tumbled when their telescoping poles unexpectedly collapsed, causing severe injuries.

According to Nick Mahood, SWIX USA Nordic Walking Director, "Pete Edwards, The American

Nordic Walking System and [SKIWALKING.COM](http://www.skiwalking.com)'s owner/founder/coach, has single handedly introduced thousands of Americans to Nordic Walking through his enthusiastic Nordic Walking clinics! I have no doubt that Edwards is the #1 retailer of Nordic Walking Poles in the USA! You can quote me on that!"

About the Author

Pete Edwards has been coaching runners and skiers of all ages and fitness levels for over 30 years. Edwards is a former ski school director, running coach, personal trainer and the owner/founder of The American Nordic Walking System and [SKIWALKING.COM](http://www.skiwalking.com) Nordic Walking Poles, headquartered in Glen Arbor, Michigan. Edwards has coached State Champions (individuals + teams), All-Americans and National Champions. He has also introduced Nordic Walking to thousands of Americans through Nordic Walking clinics, radio interviews, newspaper interviews and TV interviews. He has skied in 50K marathons and won 26.2 mile running marathons. His skiers have been hill bounding and ski walking with poles for years in the summer when deprived of snow. Hosting Nordic Walking clinics is extremely enjoyable for Edwards and he especially enjoys hosting Nordic Walking clinics for MS, Parkinson's and Diabetes support groups, plus Wounded Warrior Programs.

For more information, pictures, info on how to get started and how to buy – please contact:

The American Nordic Walking System and [WWW.SKIWALKING.COM](http://www.skiwalking.com)

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HAVE FUN NORDIC SKI WALKING!

Pete – Owner/Founder/Coach The American Nordic Walking System and [WWW.SKIWALKING.COM](http://www.skiwalking.com)