Bilateral Pole Walking:

Benefits & Considerations in Adult Fitness & Rehabilitation

Workshop Agenda

April 3, 2014

4:30-6:30 PM

Seymour Center

4:30 - 4:45 Sign-in & Introduction

4:45 – 5:05 Presentation Part I (ppt)

5:05 - 5:30 Equipment practice – adjustment, features, etc.

5:30 – 5:55 Presentation Part II – research (ppt)

5:55 – 6:15 Practice with pole wlaking – Nordic walking & trekking

6:15 – 6:30 Discussion/questions, Course evaluation & Drawing