

## Want to Know More? Suggested Bilateral Pole Walking Resources

**I. Equipment Resources :** The following vendors were kind enough to donate poles for this Capstone project and for future use in evaluating pole walking interventions by faculty, students, and patients served by the UNC Division of Physical Therapy.

- ✪ Leki. [http://www.leki.com/752--all\\_news.html](http://www.leki.com/752--all_news.html).
- ✪ KeenFit: Walk Your Path. Website. <http://www.keenfit.com/>.
- ✪ Exerstrider international community. Exerstrider International Community Web site. <http://www.exerstrider.org/>.

These websites also have links to educational information, including demonstration, of Nordic walking.

### II. Educational Materials:

- ✪ Poles for Mobility Web site. <http://www.polesformobility.com/>.  
The Poles for Mobility website, developed by Jayah Faye Paley & Bob Haxo, has been very useful in the development of this project. They have 2 DVD's available: *Poles for Hiking, Trekking and Walking* (\$9.95) and *Poles for Balance & Mobility* (\$14.95), the latter is particularly useful for individuals with mobility challenges. This website also has a nice breakdown of pole features and descriptions, in their 'Pole Buyer's Guide' link that details the different features, styles, and brands of poles to provide more information for pole selection.  
Two recommended additional YouTube videos by Jayah Paley:
  - ❖ On basic Nordic walking using poles that have attached semi-gloves: <http://www.youtube.com/watch?v=ZKTufkzpo8E>
  - ❖ Excerpts from her Poles for Balance & Mobility DVD <http://www.youtube.com/watch?v=umjdLSoIY3Y>
- ✪ Another YouTube video of a Nordic Walking demonstration with a young adult was suggested in the Keast article (in References), that describes the "grip and release technique" : [www.youtube.com/watch?v=EuuCAipLeQY](http://www.youtube.com/watch?v=EuuCAipLeQY)

**III. Nordic Walking Associations** – INWA and Nwana appear affiliated, ANWA does not. All offer instructor certification courses through their individual organizations.

- ✪ International Nordic Walking Association (INWA). <http://inwa-nordicwalking.com/>.
- ✪ Nordic Walking Association of North America (Nwana). <http://www.nordicwalkingna.com/>.
- ✪ American Nordic Walking Association (ANWA). <http://anwa.us/html/index.php>.