

From: Kari Galasso (master trainer, Urban Poling, Inc.)

To: Mandy Shintani (co-owner Urban Poling Inc.); Barb Gormley (director of education, Urban Poling Inc.)

CC:

Subject: A great day!

Hi Mandy and Barb:

I just thought I'd share a few highlights from my morning. I taught four consecutive urban poling classes today on this beautiful, warm, sunny morning. That, in itself, was terrific! But the best part was the comments some participants made to me:

1. A woman with two knee replacements and some arthritis in her hip responded to my question about how she was enjoying her new poles by saying, "They're my best friends."
2. Another woman is receiving all kinds of positive comments about her weight loss. All she's done is add the poles to her walking routine.
3. Another woman gave me some flowers to say thank you!
4. Another woman who broke her leg very badly about a year ago said that she hadn't been able to find an activity that didn't hurt her leg, until she discovered urban poling. She was almost teary when she said, "It's a miracle!"
5. Then I taught my first ever lunchtime class right smack in the middle of the beautiful downtown farmer's market. Normally it occupies the whole square, but because it's fall it took up only two-thirds of the space. I used the other third for my class and we had *many* onlookers!

All in all a very good day. Just wanted to share.

Take care,
Kari

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