

# Urban Poling Activator Walking Poles

Designed to provide stability and balance while walking



- bell-shaped tips provide large base of support
- button system for adjusting length
- ergonomic handle comfortable for arthritic fingers
- Activator walking technique is easy to learn.
- ideal for carpeted spaces, seniors' activities programs, etc.
- improves posture and increases upper body strength and confidence while walking

**“The Activator is an excellent tool for seniors to improve their gait, balance and posture.”**  
Cathy McNorgan, physiotherapist

**Contact Barb** or visit **[www.urbanpoling.com](http://www.urbanpoling.com)** for more information and details about becoming a certified Activator instructor.