

# Pole Walking: 4 Wheel Drive For Humans!

Nov 15, 1pm – 2:30 pm

Horizon Room, A.G. Ross Arena, ELK POINT



Draw prize: Our new book, The Ultimate Guide to Nordic Walking

- **FREE SEMINAR**
- **Presenter: Mandy Johnson, BA, Alberta Rep, & Master Trainer, Urban Poling**
- **Turn walking into a total body workout**
- **Use 90% of body's muscles**
- **Burn on average 20% more calories**
- **Great core workout & great cardio workout**
- **Walk with improved stability & traction**
- **Improve posture**
- **Stay active & ENJOY winter**
- **Prepare for Nordic/alpine ski season**

