

**FOR MAXIMIM RESULTS & ENJOYMENT PLEASE FOLLOW THESE SIMPLE  
VERY IMPORTANT POLE WALKING TIPS**

Walking with poles is fun, easy and exhilarating no matter what your age or fitness level.

**TIP 1 : Always angle poles back**



Your poles should never hit the ground in front of your feet. Your Poles must be angled back (a min. of 20%) so that the foot of your front pole hits the ground parallel with (and up to 10 inches behind) the heel of your front foot.

**TIP 2 : Always walk opposite leg to hand**



When we walk without poles, we walk opposite leg to hand, quite naturally. It's what helps us move forward in alignment and keeps us balanced. (Rule of thumb: Your front pole and your front foot should always hit the ground at the same time)

**TIP 3 : Don't' think – Don't think – Don't think!!!**

Walking is something you already do without thinking. So relax, trust yourself and count on the rule of 3, which is....either you are going to catch on after 3 steps, or 3 km/miles, or after 3 times out. Just remember to let your body do what it does naturally.