



***SPECIAL No Charge delivery and 2 pair extra rubber feet ends this weekend. See bottom of page for details of holiday discount.***

## **December Newsletter, 2021**

1. **A recent Study from McMaster University** reveals that we can improve memory, attention, awareness, reasoning, and judgment with a fitness activity such as Nordic Walking. We often think about the physical benefits it provides – stronger muscles, increased flexibility, better stability and more. But did you know, a fitness regime can also have positive effects on your brain’s health? Keeping both your body and brain healthy with fitness regime is an important part of healthy aging. And while the pandemic has made it more challenging to fitness regime, there are still creative ways to move safely and do both your body and your brain some good!

Did you know, declining **cognitive function**—things like memory, attention, awareness, reasoning, and judgment—is the leading cause of disability and death in older adults? The good news is, there are ways to improve it by taking advantage of the brain’s neuroplasticity, which put simply is the brain’s ability to change and make new connections.

Research studies have found that physical activity, such as aerobic fitness regime such as Nordic Walking can improve cognitive function in men and women over the age of 50. The improvement may be seen regardless of whether the individual is already mildly cognitively impaired or not. In terms of duration and frequency, those who fitness regime at or above moderate intensity for 45-60 minutes may see the

most benefit. It's never too late to make a change and safely incorporate a fitness activity into your weekly routine!

Exercising your brain can also involve cognitive-based training, such as learning therapies and computerized training, that can improve cognitive function in older adults.

Combining physical and cognitive fitness regimes can help you keep your brain healthy as you age. See more [\*\*here\*\*](#).

## **2. Nordic Walking Can Help Patients in Gaining More Efficient Gait from Parkinsons News**

Because people with Parkinson's disease tend to take shorter steps and move more slowly, they get less of a "pendulum-like" effect helping their movements, which makes their gait less efficient and ultimately uses more energy, a small study suggests.

Its findings also indicate that Nordic walking — walking with the use of poles, similar to ski poles — can help Parkinson's patients maintain a more energy-efficient gait.

According to the researchers, Nordic walking "seems to be an effective, accessible, and safe strategy" to help patients with walking difficulties.

See More here: <http://parkinsonsnewstoday.com/.../nordic-walking-aids.../>



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the older adults in your life**

**Genuine Nordic style Walking Poles**

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Includes proper thumb-hole straps, sand baskets,  
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**2 extra pair of rubber feet (an additional \$20 value) &  
Free delivery in Canada if ordered before Dec. 11<sup>th</sup>, 2021**



**Nordic Walking  
Nova Scotia**  
**...A Better Way to Walk**  
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## Holiday Special

Order by December 12th and **receive no charge delivery anywhere in Canada and 2 pair of rubber replacement feet.**

There are three Versions of our Nordixx brand Nordic Walking Poles. Most purchasers choose the Traveler poles because when collapsed, they will fit in a carry-on suitcase, and they have a convenient quick release strap for when you need to open a door or take something out of your pocket.

All three versions are fully adjustable to your height are custom designed by Nordixx Pole Walking Canada Inc.

Each set of poles comes complete with a free carry bag, sand basket and instructions.

They are guaranteed for two years.

- **Nordixx Global Walker Poles** - \$69.95 + HST  
Perfect for Instructors, regular Walkers, Schools and Seniors
- **Nordixx Global Traveler Poles** -- \$79.95 +HST  
Fits in a Carry-on Suit Case, 3 Segment Twist-Lock Systems.
- **Nordixx Stabilizer Nordic Poles** - \$87.95 + HST  
per pair.

The Stabilizer pole is ideal for older people and those undergoing rehabilitation from lower body injury, those in long-term care homes or those with greater stability and balance challenges. It is also ideal for people who want to use the poles to do more hardcore hiking.

**To Order [Click Here](#)**

For more information contact Esther by [email here](#) or our [website here](#) .



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