



PIHC Pole Walking Club **Latest Update**



Introduction:

PIHC is again leading the way in health and wellbeing by introducing the unique and beneficial sport of “pole walking.” Originally conceived in Finland in the 1930’s as a summer fitness regime for cross country skiers, pole walking involves the use of lightweight, spike-tipped sticks which resemble those used by skiers. The technique burns more calories than regular walking and spreads weight over four “feet” instead of two, offering increased stability and taking pressure off sore points. Pole walking is used all over the world by people from a range of ages, fitness levels, medical and neuromuscular conditions.

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The Health and Wellness Benefits of Pole Walking

1. burn an average of 20% and as much as 40% more calories than regular walking
2. increase oxygen consumption uptake by an average 20% and in some cases oxygen consumption increased by 30-58% depending on poling intensity
3. greater increase in muscle endurance and toning in shoulders, back, chest and upper arms and abdominal region
4. relieves pain in the neck-shoulder area
5. less impact on sore or worn joints
6. enhanced balance and stability with better posture alignment
7. greater improvements in mood disturbances
8. decreases loading stress on hips and knees

Pole Walking is suitable for the following people

1. don’t want to jog or run but want the same benefits
2. want to lose weight faster for better health
3. suffer balance, stability or mobility problems
4. have movement restriction and painful joints
5. need a safe and effective form of rehabilitation exercise for many conditions
6. need more than just a walk





7. assist seniors in maintaining balance and stability for better muscle mass and bone density

The PIHC Advantage

Indulging in a new sport without proper clinical advice, supervision or guided motivation may prevent reaching its full benefits. PIHC Pole Walking Club achieves the following aims:

1. Focusing on development of fitness and body tone and also on coordination, balance, core strengthening and equilibrium;
2. Proper clinical guidance using pole walking as a medium of sport and incorporating workshops on nutrition, feet care, spinal care and performance enhancement;
3. Guidance of a trained pole walker who is also an accredited fitness professional with years of fitness and wellness management experience;
4. Develop group and social support with the support of PIHC practitioners.



Criteria:

1. Any individual regardless of fitness levels who wish to achieve some or more of the above aims over a period of time;
2. Be clinically cleared for this sport as determined by the PIHC screening program.
3. Non patients of PIHC who wish to experience more about health, fitness and wellness are also welcome
4. Be at least 18 years of age.

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Course Outline:

PIHC Pole Walking Club will undergo specific clinical and professional supervision and guidance for a period of 10 weeks, at twice a week frequency.

For the two sessions per week, the majority will comprise of pole walking within the group for duration of 1 hour, with the start and end point being the Perth Integrated Health Clinic @ 41 Havelock Street, West Perth.

The level of difficulty will increase on a graded basis as members of the group develop in their health & wellness as well as fitness levels at an individual and group level.

The two appointed days for the pole walking group will be:

Mondays 6.45 am to 7.45 am
Thursdays 5.15pm 6.15pm

These two times have been chosen to cater for those who work and have family responsibilities. Hours and days for subsequent clubs organised will be on a needs basis.

Synopsis of Course

Preparation: x 1 group induction & x 1 session on health assessment.
Week 1: x 2 sessions of pole walking
Week 2: x 2 sessions of pole walking
Week 3: x 1 session of pole walking & x 1 session on nutrition
Week 4: x 2 sessions of pole walking
Week 5: x 1 session of pole walking & x 1 session on feet biomechanics
Week 6: x 2 sessions of pole walking & 1 session on health assessment
Week 7: x 1 session pole walking & x 1 session on performance enhancement
Week 8: x 2 sessions of pole walking
Week 9: x 1 session of pole walking & x 1 session on postural care
Week 10: x 2 sessions of pole walking & graduation.

The program may fluctuate depending on practitioner availability for workshops.

Pole Walking Sessions

All sessions will be held within the Kings Park environment and the surrounds of West Perth and will commence and end each time at the

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Perth Integrated Health Clinic – West Perth branch. Sessions will comprise of a variety of training methods catering for all levels of fitness.



Health Assessment

At the time of the briefing and enrolment, all participants of this group will be required to undertake the following health assessment:

- a. Blood pressure
- b. Resting Pulse
- c. Girth measurements
- f. Height
- g. Weight
- h. Basic spirometer lung test
- i. Spinal muscular & postural check
- j. Feet analysis

All participants will be required to complete a pre-program health questionnaire prior to undertaking the health assessment. Health professionals and fitness professionals will be present at the group induction and health assessment.

Commitment:

We at the Perth Integrated Health Clinic will remain committed to conducting, coordinating and hosting this program for PIHC Pole Walking Club as we have for our PIHC Cycling Clubs, and will aim for the continuity of the group as a social club after the 10 week duration.

We would appreciate a proper commitment of your time and resources to the success of this club and in turn are confident that we will also assist you with your specific fitness and wellness aims.

The PIHC Pole Walking club is created not as a fad or a diet program but to introduce a lifestyle and a wellness concept that we hope you will perpetuate and encourage others to follow.

PIHC Practitioners and Trainers

The PIHC Pole Walking Club will be managed and coordinated by Occupational Therapists and qualified Level 1 Pole Walking Coaches Monique Blackwell and Ian Wee.

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Ph: (618) 9226 1239
Fax: (618) 9226 1259
Mob: 0418 928 326
Email: ianwee@pihc.com.au
Web: www.pihc.com.au

Perth Integrated Health Clinic

West Perth –Cunderdin-Melville

41 Havelock Street • West Perth • WA 6005



Monique will be the primary contact person for this club amongst its members and be the coordinating practitioner and liaison officer between the consulting practitioners conducting the workshops and the trainers involved.

She is contactable via:

Tel: 08 9226 1239
Mob: 0428333317
Email: monique@pihc.com.au

Costing:

\$250.00 per person for the 10 week program which includes:

- Consultancy costs for the Pole Walking trainer(s)
- Consultancy costs for the Health Professionals managing the program and consulting practitioners conducting the 4 workshops
- Cost for a set of Poles
- Cost for a Club T-shirt

In addition, all members of the PIHC Pole Walking Club will also be provided as a value added service the following assessments:

- Neuromuscular assessment
- Podiatry assessment
- Naturopathy assessment
- Huber dynamic assessment

Payment must be made in full at the time of application submission to Perth Integrated Health Clinic via cheque, cash or recognised credit card at our West Perth clinic. There will be no refunds or part refunds should any individual pull out of the course in mid stream due to unforeseen circumstances. There will not be any replacement dates /times provided for those who are unable to attend any particular session.

The pole walking group must have a quorum of 20 walkers to make it feasible to run.

Planned Commencement Date: 30 April 2007 Monday.

Course preparation and health assessment from 16 April 2007 onwards

For more information, contact Monique Blackwell on 92261239, 0428 333 317 or email Monique@pihc.com.au

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