

# Walk Away Stress: Urban Poling

## RESEARCH STUDY FOR EMPLOYEES AT THE UNIVERSITY OF GUELPH-HUMBER & HUMBER COLLEGE, NORTH CAMPUS

Have you heard that regular participation in **urban poling** (also known as Nordic walking), results in many physical health benefits and importantly, also has a positive impact on mood and overall mental health.

It is now well accepted that regular physical activity, particularly aerobic exercise, can reduce stress and anxiety as well as enhance mood and self-esteem. Walking is an excellent therapeutic intervention alongside traditional and medical treatments for depression, anxiety and stress, as well as other mental health conditions.

There is growing research to support that urban poling results in enhanced mood, increased self-esteem and social interaction, contributing to better overall sense of well-being. What is more, walking with Urban poles increases energy levels and exercise tolerance, it is an excellent activity that motivates people to incorporate physical activity into their daily routine. Importantly this activity is easy and fun! To find out more about the details of the study, please email [agnes.coutinho@guelphhumber.ca](mailto:agnes.coutinho@guelphhumber.ca)



### **What is in it for YOU?...**

**... Research shows that Urban Poling can:**

- ✓ Reduce stress, anxiety & depression
- ✓ Improve sleep & help fight fatigue
- ✓ Help achieve healthy weight loss/management
- ✓ Encourage positive self-esteem & self-image
- ✓ Promote overall health and wellness (cardiovascular/muscular/flexibility & body composition)

This research project, titled "Walk Away Stress: Urban Poling" (WASUP), was designed to ask the following research question: ***Is urban poling a suitable workplace fitness program to improve overall mental wellbeing of employees at the University of Guelph-Humber and Humber College.***

- ✓ **Start time:** September 2016 onwards
- ✓ **Commitment:** at least 2 urban poling sessions/week for 8 weeks
- ✓ Complete anonymous questionnaires at start and end of study (~25 min)
- ✓ Complete daily anonymous online survey Mon-Fri during the 8 weeks (~2 min/day)
- ✓ Pre-scheduled group sessions or on your own

So, what do you think?  
Why not sign UP to be more  
**ACTIVE,**  
**HEALTHY &**  
**HAPPY!**

