



All Ages, Health And Fitness Levels Benefit From Nordic Walking Poles

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Walking Has Always Been A Great Benefit To Well Being, But Walking With Nordic Walking Poles Makes It That Much More Of A Total Body Workout. It Strengthens Legs And Tones Arms, Shoulders And Chest. Now Is The Time To Get Out And Use Your Poles To Develop The Body And Tone It Up.

PR9.NET July 05, 2010 - Authentic Nordic Poles Are The Best Poles Because They Are One-Piece Poles And Made With Carbon Steel. The Beauty Of Authentic One-Piece Poles Is They Are So Light And Maneuverable. They Fit Comfortably Into Your Exercise Routine. No Concern That The One-Piece Poles Collapse Which Might Be The Case With Collapsible Poles. One-Piece Poles Are Transportable In A Handsome Padded Carrying Bag With Shoulder Strap. The Salomon Design Wrist Straps Fit Hands And Make It Easier To Walk. When Walking For A Good Distance One Finds Out That There Is Enough Stamina To Go The Other Mile With Ease. This Is Success. When Walking With The Poles It Improves One's Posture Drawing The Shoulders Back And The Head Up. It Seems That When Coming To A Small Hill, Digging The Poles Into The Pavement Or Dirt Makes Getting Up The Hill So Much Easier. Like Putting The Body Into Four-Wheel Drive. This Is What Makes The Nordic Walking Poles So Popular And The Benefits So Rewarding. Enjoy And Have FUN!

Seven Million Europeans Enjoy This Recreational Beneficial Exercise. Using Authentic Nordic Walking Poles Will Burn Us To 40% More Calories Than Just Walking. This Is A Reciprocating Activity, Put A Little Exercise Into The Body, The Body Comes Back With More Energy And Less Fatigue. Walking Is One Of The Most Highly Praised Exercises And Now With Adding Nordic Walking Poles It Is A Win-Win Situation.

Whether A Walk In The Park With The Carbide Tips Or On The Sidewalk With The Rubber Tips/Paws, The Nordic Walking Poles Help To Relieve The Strain On The Back And The Knees. Walk At An Ordinary Pace Without Straining To Walk Faster Because The Poles Seem To Aid You In Walking Faster And Becoming Stronger.

As People Begin To Realize The Benefits Of Nordic Walking Poles, More Are Walking About The Neighborhood. There Is A Common Bond And Before Long There Will Be A 'Koffee Klutch Gathering To Swap Tales And Have A Good Time'. At The Old Saying Goes, 'Birds Of A Feather, Flock Together'. The Fellowship Will Be Enjoyed By All.

Get In Touch With www.I-WALK-NORDIC-POLES.com And See The Great Line Of Poles, Tips/Paws And Carry Bags That Are Available. All 16 Sizes Are In Stock And Available. Shipment Is Prompt. Right Now For The Rest Of The Month There Is Free Shipping. A Discount On Multiple Orders Can Be Discussed.

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About Bennett and Swanson Global, LLC

We Are An Online Retail Merchant Marketing Nordic Walking Poles In The US. They Are One-piece Poles That Are Used For Cross-Country Hikes As Shown Recently On A Reality Show And They Are The Favorite Because They Are Strong And Do Not Collapse, Rattle Or Vibrate. They Are Made Of Carbon Steel And Come From Norway. Our wrist Straps Are Patented By The Salomon Ski Co. Which Provide A Comfortable Safe Grip. They Come With Carbon Tips (For Natural Terrain) And Rubber Paws Designed For Urban, City, Asphalt Walking To Prevent Slipping As It Gives You Great Support In Your Forward Motion As You Obtain A Total Body Workout, Helping You Achieve Your Health And Fitness Goals. We Offer Free Shipping.

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