

SATURDAY,
March 27th, 2010

2:00 pm—6:00 pm

University of Manitoba
Max Bell Centre

URBAN POLING CERTIFICATION TRAINING WORKSHOP REGISTRATION FORM

Benefits of Urban Poling

- Additional Stability and Balance
- Low Impact Exercise
- Full Body Workout
- Increased Oxygen Consumption
- Lower Blood Pressure and Reduced Cholesterol
- Relieve Back, Shoulder and Neck Pain
- Sociological Benefits

Course Instructor:

Sharon Couldwell, Certified Urban Poling Instructor

Sharon is a Manitoba Fitness Council Certified Fitness Leader, she has specialties in Group Fitness, Aquafitness, Resistance Training and Older Adult. Sharon has been teaching for over 20 years. With her passion for teaching and enthusiasm for fitness she has embraced the new activity of Urban Poling. Sharon is excited to share her knowledge and is looking forward to teaching Urban Poling classes.

"Urban Poling is a fun, easy and effective way to get and to stay fit!"

This course will teach you:

- the benefits of Urban Poling
- the teaching technique of Urban Poling
- how to expand your business and clientele with Urban Poling
- Urban Poling certified instructor bonuses:
- connection to private Urban Poling certified instructor website
- discount prices on all Urban Poling equipment

COST:

MFC (Manitoba Fitness Council) member
\$170.00 (includes 1 set of Exerstrider poles
with retail value of \$99.00 plus a manual

Non MFC (Manitoba Fitness Council) member \$200.00 (includes 1 set
of Exerstrider poles with retail value of \$99.00 plus a manual

The popularity of Urban Poling is rapidly increasing, as participants become more aware of the tremendous health benefits. In Scandinavia it is common to see people walking with the poles regardless of their age, or where they are going, from around the block to the corner store, or training regularly. Whether alone, with a friend or in an organized

group with a certified instructor.

Urban Poling is an ideal exercise. It can be done anywhere, it is suitable for every age and fitness level. It is safe, inexpensive and most of all an efficient form of exercise with many benefits.

Research has proven that when done correctly walking with poles can increase oxygen consumption by 20-40%. Therefore Urban Poling may burn 50% more calories than traditional walking and increase heart rate by 30%.

The poles provide additional stability and balance and in particular will benefit older adults who often fear of falling and potential injuries.



Walking is always low impact, but with the assistance of the poles, it will reduce the stress in the knees, back and hips. In addition the poles will automatically engage the upper body muscles (arms, shoulders, upper chest and back) and gently enforce better posture.

As your fitness level increases, and you have learnt a proper technique, you can easily increase the speed and start training in the more challenging environment such as hiking trails.

For more information :

Call 474-7864

www.bisonactiveliving.ca



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**University of Manitoba
Max Bell Centre
Front Lobby
Registration Opens:
1:45 pm**

COST:
\$170.00
MFC Member
(includes 1 set of Exer-
strider poles with retail
value of \$99.00 plus a
manual)
\$200.00
Non MFC Member
(includes 1 set of Exer-
strider poles with retail
value of \$99.00 plus a
manual)

OFFICE USE ONLY:

CSR Received:
Registration Form

Cash
Cheque
Interac
Visa
MasterCard

Date Received:
Amount Received:
Processed By:
Date:
Notified:
In person
Phone
Other

Approved for:
MFC, CEC's 2.0 Practical and 1.0 Theory
Can-Fit-Pro, CEC's 2.0

Name _____

Address _____

City _____

Province _____ Postal Code _____

Phone (home) _____ (cell) _____

Email _____

REGISTRATION INFORMATION

- If a participant withdraws from a workshop 11 or more working days prior to the workshop start date a full refund less a \$15 administrative fee will be issued
- Refunds, minus a \$30 administrative fee will be given between 6 and 10 working days prior to program start date.
- After this time, and once the workshop has begun, pro-rated refunds minus a \$15 administrative fee will be issued only when a valid medical certificate is presented.
- Workshop is subject to minimum registration numbers and may be cancelled. Notification will be provided 4 days in advance. A full refund will be issued.
- In person, fax or mail registrations only—no telephone registrations will be accepted
- Payment options include: cash, Interac, Visa, MasterCard, cheque (post-dated cheques are NOT accepted)

PAYMENT OPTIONS

Fax: (204) 474-7503
(include Visa or MasterCard information including expiry date)

Total Amount Due: \$ _____

Visa/MasterCard #: _____

Expiry Date: _____

Signature: _____

In Person/Mail: Customer Service Desk, 145 Frank Kennedy,
University of Manitoba, R3T 2N2 Centre