

# Walk off u

Learn the European breakthrough that

✓ Makes walking easier! ✓ Burns 50% more

Discover the easy way to turn ordinary walking into

**T**hink about the last brisk walk you took. Now think about this: Your next walk can feel easier *and* burn up to 50% more calories. It's a proven fact, says Tim Church, M.D., a top researcher who tested trendy gadgets called walking poles at the famed Cooper Institute in Dallas. Invented for Finland's Olympic skiers to use during summer workouts, the devices found their way to regular folks—and have been working fat-melting magic ever since. "Walking poles allow you to engage more muscles, and the more muscles you engage, the more calories you burn," explains Dr. Church.

That's not all: "The poles take pressure off your feet, ankles, knees, hips and back," says Wisconsin physician Stephen Dufresne, M.D., "so it feels better to walk with them than without them." Yet the true power of walking poles didn't hit us until we heard about Anne Marie Westenberg...

## Amazing success!

Warned to lose weight or end up in a wheelchair, 425-pound Anne Marie knew exercise was in order—but severe joint pain made even a short walk difficult. Then the Wisconsin teaching assistant, 46, saw someone using "the sticks" and got herself a pair,

## SUCCESS STORY

### Lilly lost 50 lbs!

After so-so results from regular walking, Lilly Langston gave poles a try. "My walks were suddenly turbocharged," says the Tacoma-area mom, 53, down 50 pounds. "Even my arm jiggle and my back fat disappeared!"



## Pole Pointers

For maximum comfort, safety and effectiveness, pros recommend that when using walking poles, you should:

- ✓ Avoid tensing arms/shoulders. Keep arms straight to avoid elbow stress. Grip poles firmly, but don't use unnecessary pressure.
- ✓ Swing arms to about waist height. It'll help you get the best momentum going.
- ✓ Keep poles pointing diagonally behind you. This also helps you keep a smooth rhythm.
- ✓ Maximize firming. As you propel forward, push poles as far back as you can; feel upper-body and ab muscles engage.

## Walking

● **How much do they cost?**  
Poles range in price from \$35 to \$200 per pair.

● **What size do I need?**  
Grab a calculator and multiply your height in inches by .72. Then simply adjust poles to that height.





# p to 200 lbs!

calories! ✓ Takes pressure off your feet, ankles, hips and back

an extraordinary fat blaster!



## Time tip!

Beginners should aim to walk with poles 10-30 minutes most days. For maximum weight loss, work up to 30-90 minutes most days.

hoping they might offer some relief. Did they ever! She could comfortably go farther each day. And she happily reveals: In two years, walking with poles "enabled me to lose in excess of 200 pounds!"

## Better than jogging

When a California team monitored five-hour-a-week exercisers for three months, they were surprised to find that pole walkers lost, on average, seven inches and seven pounds more than runners did. Says Dr. Dufresne: "I think of pole walking as walking perfected. Once you walk with them a few times, you'll be hooked." And, if you're anything like the success stories we've spoken to, you can lose up to 18 pounds in a month!



## SUCCESS STORY

### Elizabeth lost 3 sizes!

When Elizabeth Karr got her first pair of walking poles, she'd been struggling to lose 10 pounds forever. Not only did she whisk them away, she'd soon dropped 14 pounds and three sizes. "I lost it right where I needed to," smiles the Los Angeles actress, 41. "I always had a stomach pooch. It's flat now—without sit-ups!"

## pole FAQs

### • What are some good brands to try?

The pros we spoke to recommend poles available at [www.exerstrider.com](http://www.exerstrider.com); [www.leki.com](http://www.leki.com) and [www.fittrek.com](http://www.fittrek.com).

### • How gentle are they?

University of Wisconsin studies show walking poles reduce force on your lower body by 25%.

### • How safe are they?

Safer than regular walking for most of us. But get a doctor's okay to try any new exercise regimen.

## These menus enhance results!

These meals were designed to help "pole walkers" burn fat fastest. But even if you use 'em without the poles, you can drop

up to 4 pounds a week! Drink all the water you like; add low-cal extras in moderation. Always get a doctor's okay to start a new plan.

### Breakfast choose one daily



- 2 eggs
- 1 small whole-wheat bagel
- 2 veggie sausage patties
- 1 whole-wheat English muffin
- 1 1/4 cups 2% cottage cheese
- 1 1/2 cups berries

### Lunch choose one daily



- 1 can tuna packed in water
- 3 cups mixed greens
- 2 cups cantaloupe
- 2/3 cup hummus
- 2 cups vegetables
- 1 orange
- 6 oz. turkey breast
- 3 cups mixed greens
- 1 apple

### Dinner choose one daily

- 3 oz. cooked lean beef
- 1 small baked sweet potato
- 2 cups steamed broccoli
- 1/2 grapefruit



- 4 oz. boneless, skinless, roasted chicken breast
- 2/3 cup cooked whole-wheat couscous
- 1 cup steamed green beans
- 6 dried apricots
- 4 oz. broiled salmon
- 1/2 cup cooked brown rice
- 1 cup steamed spinach
- 1 cup strawberry halves

### Snack choose two daily

- 1/2 cup steamed edamame
- 2 Tbs. peanut butter with 2 stalks celery
- 2 hard-cooked eggs
- 3 low-fat cheese sticks
- 3 Tbs. whole roasted almonds



1 protein bar (about 150 calories)

