

2nd International Conference on

DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

September 28-29, 2018 | Montreal, Canada



Gerred Popejoy

Nordic Walking Nations, USA

Nordic walking nations exercise rehabilitation program: Medicine of the 21st century

It's human nature for us to choose the easiest route first to make a change. Since most everyone walks and doctors has been recommending this form of exercise for years due to simplicity, our Nordic Walking program should work for you. Most people tend to focus on one activity or type of exercise and think they're doing enough. The goal, however, is to be creative and choose all four types of exercise – *Endurance, Strength, Balance and Flexibility* that gives you a complete "*Full Body Workout*". Nordic Walking includes all four types in one simple walking exercise that can be worked into anyone's busy schedule. Nordic Pole Walking provides twice the health benefits as regular walking in half the time. It is a full body *Aerobic Resistance Exercise creating a cross motor function benefit, all in one walking exercise*. Anyone at any age even with disabilities, who can walk can participate. People in wheel chairs can still do our stretching, strengthening and breathing exercises as well! We also have a *Special Program for Children and Adults* with disabilities. Nordic Pole Walking engages up to 90% of your body muscles compared to 40-60% with regular walking. It also relieves 26% stress off your lower back, hips, knees and ankles because it redistributes the stress equally throughout your body, not just into you lower back and legs. This allows you to walk 2-3 times further and experience less discomfort then you were able to do before.

Our *Nordic Pole Exercises* provides you the added support with the poles that enables you to do our exercises without assistance giving you greater range of motion, balance, flexibility and strength in your spine and extremities. These exercises will create new neuromuscular pathways to the brain giving you better balance and stability over time and helping to prevent falls. This is also a great exercise for *weight loss burning up to 46% more calories* than regular walking.

Biography

Gerred Popejoy is the Director and Founder of Nordic Walking Nations, the first Nordic Walking medical exercising program in the USA. He has been involved in lifestyle (treating the whole body) and functional medicine for over 30 years. He is an international speaker before healthcare professionals, business and community organizations. His company was launched in September 2016 at the renowned Plantrition Project Conference in Southern California and his program is being used by doctors, therapists, and other organizations.

gpoppejoy@yahoo.com

Notes: