

***Remember: You can live well with osteoporosis!***

## **Nordic Walking Your Way to Better Bones**

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### **COPING Archives**

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Intrigued by the article on Nordic Pole Walking published in the Alberta Chapter's newsletter last fall, the COPN Executive Committee decided to take some poles for a test walk in Winnipeg's beautiful Assiniboine Park. Their verdict – an enthusiastic two thumbs up.

From left to right: Sarah Nixon-Jackle, Saskatoon; Larry Funnell, Cloverdale BC; Ina Ilse, Toronto, Ontario; Shirley Hundvik, Chilliwack, BC; Dr. Irene Polidoulis, Toronto; Margaret Willson, White Rock, BC. Missing: Annabel Sheppard, Edmonton; Alison Buie, Calgary; Sheila Brien, Toronto

Fracture prevention is an important component of helping those with osteoporosis maintain a high level of health and continued independence. Falls prevention and strength training both contribute to fracture prevention. We know that balance, muscle strengthening and maintaining bone density are some of the benefits of regular weight-bearing exercise. Self-esteem, energy and confidence are some of the other benefits of a regular exercise program. There are many physical activities that can assist in bringing about these benefits – Nordic walking is one example.

COPING is brought to you by the Canadian Osteoporosis Patient Network (COPN) every second Friday ([www.osteoporosis.ca/copn](http://www.osteoporosis.ca/copn))

#### **Event calendar**

**4th Annual FREE Osteoporosis Public Education Forum**  
Waterloo, Ontario  
10-Nov-2011

**Free Public Forum**  
Langley, B.C.  
14-Nov-2011

**No More Broken Bones**  
Alberta  
16-Nov-2011

**Bones n Beer**  
Richmond, BC  
16-Nov-2011

**What to wear or NOT!!**  
London, Ontario  
20-Nov-2011

[View Calendar](#)

## Osteoporosis Month in Canada – Make your FIRST break your LAST

Osteoporosis Month is in full swing and we at Osteoporosis Canada are using the occasion to urge Canadians to be aware of their risks for breaking a bone. Over 80% of Canadians who break a bone are neither assessed nor treated for the underlying cause of their fracture, in spite of the fact that there are effective medications that can reduce the risk of a subsequent fracture by up to 70%. The message is simple – if you have fractured after age 40, you may be at significant and imminent risk for another one. Ask your doctor for diagnosis and treatment options.

Download the [special information supplement](#) and brochure both titled “[Make your FIRST break your LAST](#)”.



Have you attended an Osteoporosis Month event in your community?

Check the Osteoporosis Canada [Calendar of Events](#) for an event near you.

Nordic walking is defined as fitness walking with specially designed poles. It evolved from an off-season ski-training activity known as ski walking or ski striding to becoming a way of exercising year round. Ski walking with poles has been practised for decades as dry land training for competitive cross-country skiing. Hikers with knee pain also discovered they could walk more powerfully with a pair of trekking poles, which often eliminated or reduced hip, knee, and foot pain, and backpackers found relief from painful backs when using poles.

Nordic walking can be done year round in any climate and anywhere a person of any age or ability might otherwise walk without poles. It combines the simplicity and accessibility of walking with simultaneous core and upper body conditioning similar to Nordic skiing. The result is a full-body walking workout with the incorporation of more than 90% of the body's total muscle mass; resistance occurs with each stride. Normal walking utilizes only 70% of muscle mass, with full impact on the joints of the legs and feet.

Compared to regular walking, Nordic walking involves applying force to the poles with each stride. Nordic walkers use more of their entire body (with greater intensity) and receive fitness building stimulation not as present in normal walking for the chest, lats, triceps, biceps, shoulder, abdominals, spinal and other core muscles. This extra muscle involvement leads to enhancements over ordinary walking at equal paces such as:

- increased overall strength and endurance in the core muscles and the entire upper body
- significant increase in heart rate at a given pace and greater ease in climbing hills
- burning more calories than in plain walking
- improved balance and stability with use of the poles
- significant weight load reduction on hip, knee and ankle joints
- providing density-preserving stress to bones

For anyone who may be looking for an alternative to walking, or a way of varying their routine, Nordic walking has many advantages, both for the healthy individual needing a more vigorous exercise form, especially for cardiovascular benefits, and for the individual with restrictions that prevent them from jogging or running. It can also be advantageous for those with medical conditions that make normal walking without support difficult.

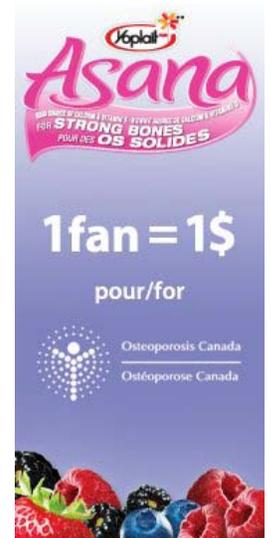
This article is taken from an original story published in the Fall 2010 newsletter from the Alberta Chapter of Osteoporosis Canada.

## Supporting Osteoporosis Canada has Never Been Easier

Osteoporosis Canada is pleased to announce a funding partnership with Ultima Foods for Yoplait Asana Brand Yogurt in Canada. On November 1st, Ultima launched a Facebook page for Asana yogurt. Simply click on the "I Like" button on the Asana Facebook page and Ultima will donate \$1.00 to Osteoporosis Canada.

Next you use Facebook's 'Invite your friends to join this cause' and when each one of them clicks on the "I Like" button Ultima will donate another dollar to OC. Quick, easy and at no cost to you or your friends. [Click here to visit the Asana Facebook and become a fan!](#)

Also, until December 31, 2011 Osteoporosis Canada's logo will appear on each of Yoplait Asana multi-packs and tub-lids with the following text: "For each purchase of Asana product, we will give back \$0.10 to Osteoporosis Canada."



### FUNNY BONE:

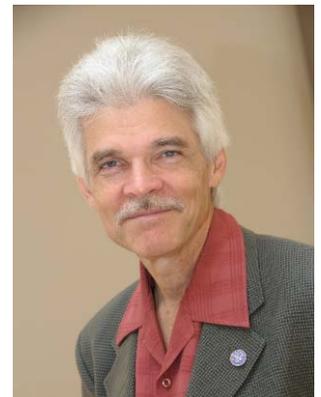
If you are going to try cross-country skiing, start with a small country.

### Upcoming Virtual Education Forum: Thursday, December 1, 2011

*New Developments on Fracture Risk Assessment*

Presenter: Dr. William Leslie, MD MSc FRCPC

On Thursday, December 1, 2011, Dr. Leslie will be focusing on the topic of fracture risk assessment. He will be guiding us through the various fracture risk assessment tools and explaining how to interpret results. The presentation will include practical tips on what patients need to know before going to their health care provider. There will be opportunity to ask questions! Participate in this event and have your questions answered in real-time.



For more information on virtual education forums [click here.](#)

This issue of COPING is sponsored by Gay Lea Foods Co-operative



[www.gaylea.com](http://www.gaylea.com)

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