

## **WALKING POLES FOR BALANCE, STABILITY AND CONFIDENCE!**

WMA Member Beth Copper, from Houston, TX, purchased walking poles for her brother, WNA member Ron Copper, who stays with her during the winter months instead of his home in western Pennsylvania.

"I chose these for Ron so that he could stand more upright while walking our neighborhood streets and paved greenbelt pathways rather than use his walkers which cause him to lean over too far. He needs a little help with balance and these seem to give him more stability and confidence. They are lightweight aluminum but sturdy with hand grips and are adjustable for different heights. I read that they could help with posture and core strength with regular use. I think it also helps to alert other walkers and bicyclists on the greenbelt path to be more cautious when walking or cycling past him as they approach from behind very quickly and quietly sometimes!"

**ACTIVATOR™ Poles for Balance and Rehab / Stability / Walking / Nordic Walking Poles**

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