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Cooper Institute

Calorie Expenditure

T. Church, C. Earnest, G. Morss

The Cooper Institute, RQES, vol 73, No.3, pp. 296-300, September 2002

The Cooper Institute in Texas compared physiological responses of Nordic Walking to regular walking. The caloric expenditure and the oxygen consumption increase on an average with 20% and the heart rate increase with about 10 beats per minute when using the Exel Nordic Walker poles. The interesting thing is that even through the body works harder using the poles, the RPE (rated perceived exertion) was the same walking with or without poles! Dr. Tim Church said, "Some individuals increased as much as 46% in oxygen consumption and just about the same in caloric expenditure."

Quotes from the study:

"Individuals who poled more intensely had higher oxygen consumption."

"There is potential for considerably more or less benefit depending on the selection of poling-off intensity. This may have particular significance for individuals who need to increase caloric expenditure but have walking speed limitations."

"Increased caloric expenditure with no corresponding increase in perceived exertion during Nordic Walking, may have important public health applications."

"The use of Nordic Walker poles is particularly promising, as the poles provide stability that may promote physical activity among older individuals and those with orthopedic and balance concerns."

T. Church, C. Earnest, G. Morss at The Cooper Institute, RQES, vol 73, No.3, pp. 296-300, September 2002

Comment: It is obvious, that correct Nordic Walking technique improves the efficiency of Nordic Walking!

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