

Tone your Core - Improve Posture - Burn Calories - De-stress Knees & Hips

Urban Poling



4Life pink poles: \$100
(2% to breast cancer research)



Series 300 blue poles:
\$100

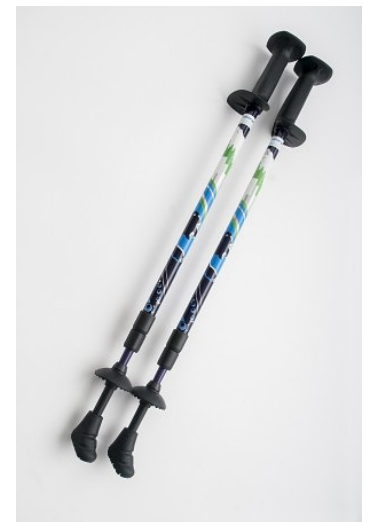
**Multi-set
discounts
available!**



Activator: \$100
(designed for
rehab with bell
tips)



Spirit Poles:
\$120
(2% to the
National
Aboriginal
Diabetes
Association
1% to the
Canadian
Diabetes
Association)



Adventure: \$120
(collapse for the
traveller)



be fit for life
medicine hat

Contact Amy at the Medicine Hat College Be Fit for Life Centre
for more info: befitforlife@mhc.ab.ca