The Effects of Nordic Walking Poles on Middle-Aged Women with Metabolic Syndrome
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This study compares the effects of walking at moderate intensity with and without Nordic Walking Poles on middle-aged women with metabolic syndrome. According to the American College of Sports Medicine, “middle age” defines those people between the ages of 40 to 64. Specifically, this study aims to compare the effects of the two walking methods on blood levels of cholesterol, triglycerides, HDLs, LDLs, VLDLs, and glucose. The exercise interventions consisted of subjects walking with or without Nordic poles at 70% of maximum heart rate as determined by Nishime, Cole & Blackstone (JAMA, 2000). Confirmation of heart rate was enforced through the use of polar monitors. Subjects were required to walk for 30 minutes for 5 days a week. Participants were measured for hip to waist ratio, weight, and resting heart rate. At the beginning and end of the exercise intervention, lipid panels and glucose labs were conducted. The results indicated the efficiency of the exercise and determined the effectiveness of each exercise method.