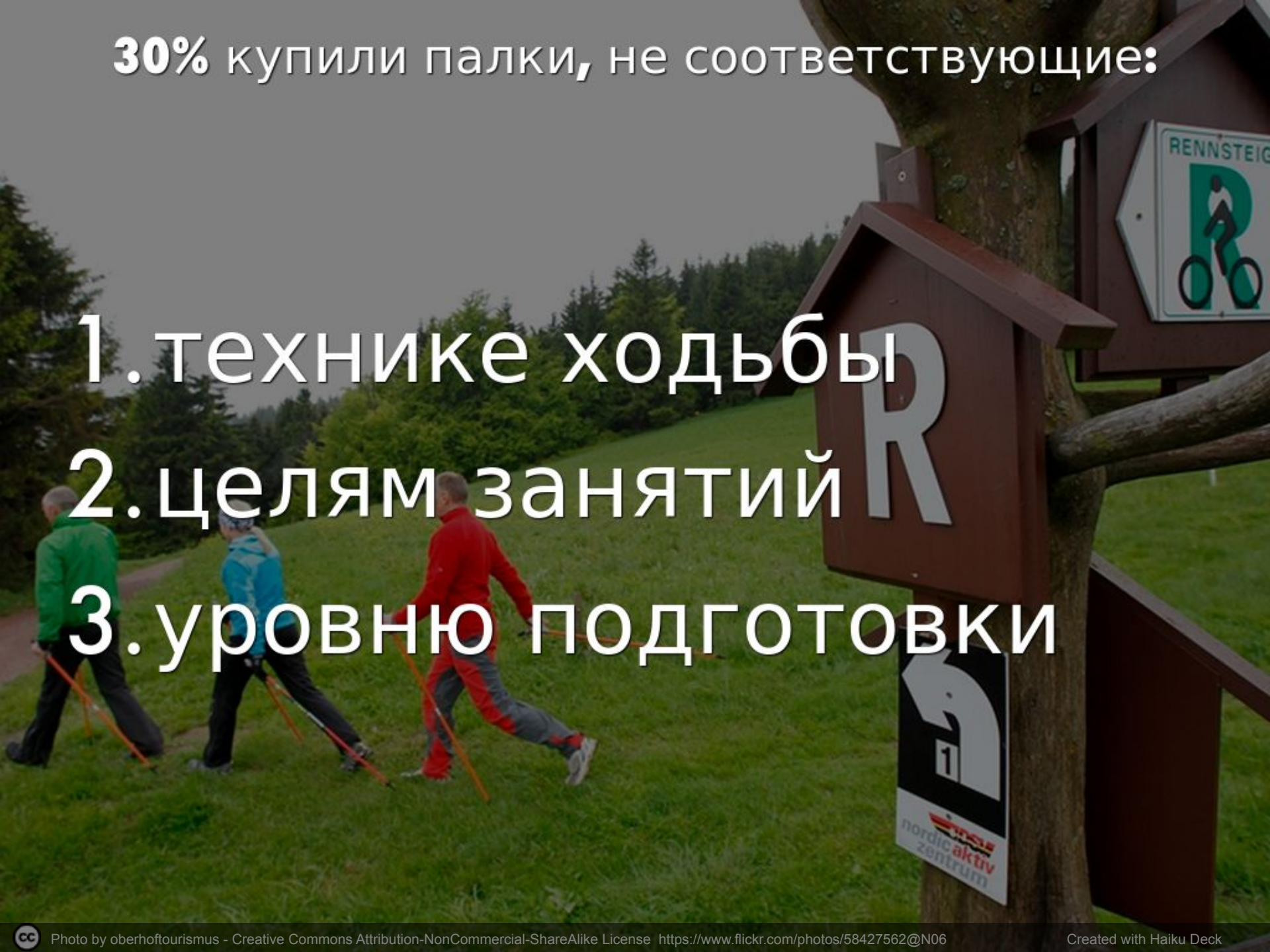


30% купили палки, не соответствующие:

1. технике ходьбы

2. целям занятий

3. уровню подготовки



A group of hikers is walking on a sandy beach. In the foreground, a man in a red and black jacket and a woman in a blue jacket are walking towards the camera, both using trekking poles. Behind them, several other hikers are visible, also using poles. The background shows a vast, flat, sandy landscape under a clear sky.

50% купили палки, но
так и не научились
эффективно ходить



80% перестали
ХОДИТЬ СПУСТЯ ГОД ПОСЛЕ ПОКУПКИ

A photograph of two hikers walking away from the camera on a dirt path in a forest. The hiker on the left is wearing a dark jacket and pants, while the hiker on the right is wearing a green jacket and dark pants. Both are using trekking poles. The forest has many trees with green and yellow leaves, suggesting autumn. The text is overlaid on the middle of the image.

20% занимаются

благодаря освоению эффективной техники ходьбы



50% ХОДЯКОВ
не выходят за пределы своего города

A person wearing a blue t-shirt and black shorts is standing in a grassy field. They are holding a ski pole in their right hand and a ski boot in their left hand. The background is a blurred green field.

90% не заботятся

о разминке и заминке в самостоятельных прогулках

A group of about seven people, mostly older adults, are standing in a snowy field. They are wearing winter jackets in various colors like blue, white, red, and light blue. Some are holding ski poles. They are all looking towards a dark, dense forest in the background. The scene is brightly lit, suggesting a sunny day. A semi-transparent dark banner is overlaid across the middle of the image, containing white text.

50% привлекательности СХ
заключается в общении



80% не желают
соревноваться и что-то доказывать

A photograph of two women participating in an outdoor exercise routine in a park. The woman in the foreground is wearing a white jacket over a pink shirt and black pants, with her right arm raised. The woman in the background is wearing a blue patterned jacket, a blue beanie, and dark pants, also with her right arm raised. They are surrounded by trees with yellow and orange autumn leaves. A semi-transparent dark banner with white text is overlaid across the middle of the image.

70% успешности занятий
определяет работа в группе

7 советов новичкам:

1. освоить ТЕХНИКУ ходьбы с палками;
2. купить палки ПОСЛЕ первого занятия;
3. выбрать комфортную одежду и обувь;
4. найти компанию и менять маршрут;
5. выполнять разминку и заминку;

