

The poles became a part of my life

My life has been challenged with problems regarding my forearms since the early 90's, which I have had surgery for on six occasions. The last surgery I went through was in the winter of 2011, after that I decided to cope with work life and create a better quality of life for myself. The years had left their mark and the weight gain was now a problem, I had left the category plump and stabilized a presence among the overweight category.

A great opportunity arose when I heard of BungyPump, whose unique ability and construction gave a smooth and friction free motion when pressing down the poles, where the built-in suspension and resistance removed the harsh impact from when the poles hit the ground. Said and done, a visit to a sports shop and I was now the proud owner of a 4 kilos BungyPump training poles.

The turning point came in 2012, with a phone call on a cold winter day in February that gave me reason to start my journey with my newly bought poles. My friend had to lose weight, around 15 kilos, and I needed to improve my physical strength after my surgery. The first training sessions were extremely tough. There were many times I just wanted to throw the poles away, but shame on those who give up. In late March I was noticeably much stronger than before and could now manage to press down the poles completely and hold against the resistance more often than before.

The next turning point was when I purchased a scale and it showed me a weight of 76.8 kilos. Now even more focus was put on training with the poles, and many kilos were about to be fought off. I scheduled about four to five workouts per week in my calendar, and all the way up to midsummer I made an effort to train with my 4 kilos poles. I then allowed myself to have a period of less exercise and more focus on enjoying the summer and the sun, and took walks when I had the desire.

In August I resumed training at full capacity, now using the 6 kilos poles that I had received on my 40th birthday from my family. The training sessions were just as many now as they were before, and I began to alternate my walking routes to significantly more challenging alternatives, being more difficult and including more inclines and hills. Despite the weather conditions I was out exercising, and as the weeks went by the numbers on the scale went down. In December of 2012 I had reached my goal weight of 53 kilos. After 10 months of training and becoming 24 kilos lighter, I feel amazingly much healthier.

Since I reached my goal I have continued to train with BungyPump about 3-4 times a week and to this day I am at my goal weight. The problems I had with my arms are significantly reduced today, I am no longer addicted to eating pills for my pain and I feel very happy that I can now ride a bike again, which I have not been able to do since the problems occurred. Even my asthma is significantly easier to medicate when it is in a much better condition today.

Overall the poles have become a part of my life and they have really meant that I have become healthier and helped me improve my quality of life to a level I never thought was possible.

Pernilla Johansson Wallin , 41 years old

2013



AFTER

BUNGY PUMP

of Sweden

BEFORE

