



Local Cleveland Women Certified as Chung Shi Pole Walking Master Trainers Winner of Rite Aid Cleveland Marathon Colita Credits Unique Training Method for Her Victory

Two Cleveland area women are quietly changing the way people view foot health and wellness. Elsa Fritts and Debra Kilpatrick-Morris, owners of the Cleveland area Foot Solutions, a world renowned foot care health and wellness company, were recently certified as Chung Shi Pole Walking - Master Trainers. Claudia Colita, winner of the Rite Aid Cleveland Marathon, who runs for Foot Solutions, said it is her custom Foot Solutions orthotics which controls her severe supination and her unique Chung Shi Pole walking that allow her to do so well in back to back races.

“Training with the Chung Shi shoes and the walking poles has been a lifesaver for my overworked body,” said Colita. “I use both the shoes and the poles to build strength and stability in a non-stressful way.”

Colita’s Elite Foot Solutions coach, Margaret Sue Bozgoz, a U.S. Army Lieutenant Colonel (Retired) and an ALL Army Marathoner and Track Runner who has coached tens of thousands of walkers and runners and who herself has completed 51 marathons, said Chung Shi pole walking is a great training and recovery activity and is the reason many of the members on her team are able to compete and succeed so consistently.

Pole Walking, often described as cross-country skiing without the skis, exercises the entire body encouraging an upright posture and balance without placing unnecessary stress on the muscles, ligaments and tendons. Participants use their arms to push off from their flexible poles, engaging the entire range of upper-body muscles. The poles relieve lower body strain and tone the shoulders, arms and back.

- more-

Foot Solutions owners, Elsa Fritts and Debra Kilpatrick-Morris, introduced Chung Shi Pole walking to northeast Ohio this spring at their stores in Lyndhurst and Strongsville. Now that they achieved certification at the master’s level, they can train other trainers. “Chung Shi Pole walking is a great opportunity for Elsa and I to strengthen our focus on Foot Health and Wellness. It is more than just selling someone a product, but truly making a difference in their lives by helping them be more active throughout the day; at work and at play” said Kilpatrick-Morris. The poles along with the Chung Shi shoes help runners and walkers at all fitness levels.

The Chung Shi shoes have a uniquely patented angled sole that allows the body to stand and walk in a more aligned position. The overall result of Chung Shi Pole walking is superior total body conditioning with less stress and wear and tear on the body,” said Fritts. The poles used for the exercise do vary from traditional ski poles used for the slopes. They are lighter and contain straps that enclose the palm of the hand, similar to fingerless gloves. They have removable tips for two types of terrain.

Fritts said there is a specific technique used to gain maximum benefits from the exercise. Foot Solutions, a recognized world leader in specialty footwear, custom inserts and technology driven health and wellness products is the first company to introduce Chung Shi Pole walking in the Cleveland area. Poles are available now and walking classes are set to start soon at two Cleveland area Foot Solutions locations. For more information, visit www.footsolutions.com or call 1-888-FIT-FOOT.

#