



Nordic Walking

What is it?

Nordic Walking is an enhancement of ordinary walking – it makes something we can all do.... twice as effective!

Nordic Walking uses poles in order to add two major benefits to walking.

- The use of poles means the upper body muscles are used as well as the legs
- The poles help to propel the walker along – this means he/she works harder than usual yet the support given by the poles makes it feel easier!

Nordic Walking is a specific fitness technique and is not to be confused with trekking, hill walking or trail running as the poles are not planted in front of the walker/runner but in a specific way that increases the use of the upper body. It can be done by anybody, anywhere and does not require expensive equipment or clothing.

Benefits:

Nordic Walking provides benefits for everybody from those with medical problems to the super fit.

Whatever age, fitness level or goal, - Nordic Walking is suitable, effective and enjoyable.

Physical Benefits:

Tones the upper and lowerbody at the same time.

Uses 90% of the skeletal muscles.

Burns up to 46% more calories than ordinary walking.

Reduces the pressure on knees and joints.

Great for the Heart and Lungs.

Ideal for neck, shoulder and back problems.

Poles propel the walker along, making it easier to move faster than normal without feeling the effort.

Suitable for:

- GP Referral schemes
- Cardiac Rehabilitation programmes
- Health Promotion
- Sports/Activity development

Other Benefits:

Can be done anywhere – no need for hills, country paths or even snow!

It appeals to all ages and fitness levels.

No need to wear special exercise clothing.

It's very sociable; participants can chat as they go!

It is easy to learn and to keep up.

It combines exercise with nature which has been proven to boost mood.

For further information
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To book a place at Exhibition Park contact Michelle Mordue
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