

NORDIC WALKING

Nordic Walking uses specially designed poles and a learned technique of planting and pushing the poles to engage the upper body whilst walking. The result is a highly effective, yet low impact total body aerobic workout which benefits the whole body.

It is a new activity in Australia however Nordic Walking is a global phenomenon rising in popularity at a rapid rate as more and more people discover just what a difference using poles makes. And it is simply heaps of fun to do!

Nordic Walking offers significantly greater health and fitness benefits than regular walking.

When performed correctly, Nordic Walking offers the following benefits:

- activates 90% of the body's muscles
- gives a 20-25% greater cardiovascular effect than regular walking
- burns up to 46% more calories compared to regular walking
- decreases the load and impact on the joints of the lower body
- gives a more intense workout but with lower perceived exertion
- strengthens and tones the upper back and shoulders
- increases the lateral mobility of the spine significantly
- releases pain and muscle tension in the neck, shoulders and upper back
- improves total body co-ordination
- promotes an upright and balanced walking posture

Nordic Walking can be done by anyone, anywhere, at anytime.

It may have originated in the cooler countries of Scandinavia (hence the name) however Nordic Walking is an ideal activity for Australia's climate and landscape. Along our beaches, on trails through parks, or even around suburban streets – wherever you can walk, you can Nordic Walk.

There are technique variations to challenge every level of fitness.

Whether you are rehabilitating an injury, have permanent walking difficulties, seeking an enjoyable form of exercise or are fit and wanting a new challenge – Nordic Walking is for you, regardless of age or ability.

It is easy to get involved in this fun activity.

Nordic Walking requires a learnt technique so it is important to receive proper tuition before you embark on your own outings.

Taking up the offer of a free trial session with a qualified local instructor is the best option, however if there aren't regular classes currently offered in your area participating in a once off 'Learn To' clinic is advised.

- a national network of instructors and classes can be found at: <http://www.nordicacademy.com.au/instructors.html>
- a calendar of 'Learn To' proficiency clinics can be found at: <http://www.nordicacademy.com.au/proficiency-course.html>

There may also be classes organised by your local community health centre, gymnasium or sports centre, physiotherapy or medical clinic or by a local personal trainer, so check with them too. They may have classes that you can join.

Give Nordic Walking a try!

It may look a bit strange at first, but once you give Nordic Walking a try you will discover for yourself why it is the smart new way to exercise. You will probably also wonder why the concept wasn't thought of sooner!

Further information

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