



NORDIC WALKING

The Smart way to Exercise

Nordic walking is a form of exercise; walking with specially designed poles in a learned technique for a low stress total body workout.

Originated in Scandinavia in the early 20th Century when Cross country skiers used poles to maintain fitness during the summer months.

NOW: Over 8 Million Nordic Walkers Worldwide!



Health Benefits:

- Weight bearing activity with poles to minimise the stress on the joints of the lower limbs
- Improves Balance, upright posture and Co-ordination
- Releases pain and muscle tension in the neck shoulders and upper back.
- Assists with management of stress and mood fluctuations.
- Burns – 46% greater calories than walking alone due to use of upper and lower body for ambulation.
- Activates 90% of the body's muscles (95% when smiling)
- 20 – 25% greater cardio fitness effect than walking alone

Nordic walking is suitable for all age ranges, fitness levels and those with pre existing injuries. All programmes can be targeted to your desired goals and interests.

For all enquiries Please Contact Andrea Mosley; Physiotherapist

Clothing: Wear comfortable shoes and please bring a coat.

Walking poles are provided.