



Nordic Walking

February - May 09



What is Nordic Walking?

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.

Nordic Walking is the fastest growing fitness activity in the world and is used by individuals, personal trainers, health clubs, physiotherapists, doctors and health promoters because it is highly effective, affordable and FUN! Nordic Walking is quite unique in that it 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.



Nordic Walking Sessions

NEW SESSIONS STARTING FROM 24TH FEBRUARY

INSTRUCTOR - JANE LEARY

Tuesday's from 1.30pm-2.30pm

Beginners 'Easy Pace': for those who are new to Nordic walking or who need to build up their fitness slowly.

Tuesday's from 2.45 - 3.45pm

Advanced Class 'Stepping out': for those have attended sessions before and require more of a challenge from their walk.

WEEKENDS

Saturday's from 10am - 11am &
11.15 am - 12.15 (All abilities)

All sessions will be at Fairlands Valley Park, meeting outside Costellos Café.

Anyone who is new to Nordic walking will be required to fill out a short medical questionnaire before taking part.

SESSIONS ARE LIMITED TO 12 PARTICIPANTS PER SESSION AND THEREFORE PLACES MUST BE BOOKED IN ADVANCE.

COST - £3 per session

To book your place please call Fairlands Valley Sailing Centre on **01438 353 241** or for more information on Nordic Walking please call Jane Leary on **07903404225**.

Please note that there is no storage facility for valuables at Fairlands therefore only essential items should be brought along. The centre or instructor cannot be responsible for any loss or damage to items left.



