

NORDIC WALKING

*Classes will take place Wednesdays
starting 11th April 2012*

6.15-7.30pm for 10 weeks



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 to 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!

Physical Benefits

- Tones the upper and lower body 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.
- It is one of the most effective cross training techniques for athletes and sportspeople who require ultimate cardiovascular and endurance conditioning.

Where? Stanborough Park South Side, meeting on the bridge

Cost? £3/session

Levels? All levels welcome beginners through to advanced.

No poles necessary as we will provide them

*To book your place please contact Corinne on 07845950832 or email
walkingwithcorinne@mail.com*

