

# NORDIC WALKING

Nordic Walking was invented in 1933 in Finland, when it was found that Cross Country Skiers were more fit in Summer than in Winter. They were using their ski poles to traverse land with no snow, walking instead of skiing, and their muscles and cardio vascular rates improved. We now use redesigned poles to walk today.

Because it is performed outside in the fresh air, with other people, there is also a *feel good* factor as a bonus to the exercise. Walkers can chat and enjoy the scenery, whilst improving their fitness.

It is suggested that if taken up in your 60's, a person will be walking a good 10 years longer than they would have been, providing other health aspects hold up. Using the special lightweight poles, (provided during classes), older people can enjoy a new stability, giving them the confidence to walk at a good pace, without the fear of falling. The poles are strapped on, even allowing arthritis sufferers to take part.

This versatile way of walking, also has the benefit of allowing mixed fitness groups to walk together. For example, a fit 30 year old, can walk alongside a less fit or older person, and both will attain the level of fitness they want to achieve. This is because the upper body takes a big part in helping the poles propel you forward, so the fitter person, will put in more effort, gain greater cardio vascular function, whilst his legs will walk at the pace of his less fit neighbour.



If you would like to be trained to Nordic Walk please contact:

Julie Stokes on:  
01473 261112 for courses 1, 2, 6 & 7

Katrina Maguire on:  
01394 444289 for courses 3, 4, 5, 8, 9 & 10

## Nordic Walking programme 2010

	Location	Venue	Start Date	Time	Duration	Cost/ course
1	Ipswich	Christchurch Park	Wed 7th April	11.00 - 12.30pm	6 wks	£10
2	Ipswich	Christchurch Park	Wed 7th April	1.15 - 2.45pm	6 wks	£10
3	Alton Water	Alton Water	Tues 13th April	11.00 - 12.30pm	6 wks	£15
4	Bury	TBC	Mon 24th May	11.00 - 12.30pm	6 wks	£15
5	Felixstowe	The Grove	Thurs 27th May	11.00 - 12.30pm	4 wks	£10
6	Ipswich	Bourne Park	Wed 16th June	11.00 - 12.30pm	6 wks	£10
7	Ipswich	Bourne Park	Wed 16th June	1.15 - 2.45pm	6 wks	£10
8	Halesworth	TBC	Mon 6th Sept	11.00 - 12.30pm	4 wks	£10
9	Woodbridge	TBC	Tues 7th Sept	11.00 - 12.30pm	4 wks	£10
10	Needham Market	Needham lake area?	Tues 26th Oct	TBC	6 wks	£15