



CAPITAL NORDIC WALKING
low impact - high results - total body fitness

NORDIC WALKING FOR FITNESS: 3-SESSION PROFICIENCY COURSE

Welcome to Capital Nordic Walking. This course is designed to help you learn the correct technique for Nordic Walking. It includes familiarisation with equipment and takes a sequential approach to learning how to use NW poles correctly to ensure maximum benefit, achievement of individual goals and avoidance of injuries.

Who is the Nordic Walking for Fitness Proficiency Course for?

This course is suitable for people who want to get much more out of their walks and those who want to introduce a low-intensity, high impact workout into their existing fitness regime; whether it be for general whole-body fitness, weight-loss, training for running or sports. Participants need to be able to walk at a moderate pace for about 20 minutes. People with limited mobility should enrol in NWing for Health Course.

Do I really need a 3 session course to learn to walk with fitness poles?

Learning to Nordic Walk is a bit like learning to ride a bike. The first few times it can feel a bit strange. But once you've mastered it, it feels natural and easy – like you've always done it.

The truth is that you don't need lessons to walk with poles! Anyone can buy a pair of poles and start walking with them. Whether they are doing it correctly is another thing. It's a bit like golf and tennis that way. But like golf and tennis, if you want to do it well, avoid getting injuries and get the maximum benefits, it's a good idea to get lessons from a qualified and experienced Nordic Walking Instructor.

It's important to note that it varies as to how long it can take to master the technique to a point where it feels natural. From our experience people who practice 3-4 times per week start to feel comfortable with the poles after around 4-6 weeks. Some people achieve mastery much faster and some take a little longer.

Session Components

All three sessions will have a similar format and components:

- Introduction and objectives
- Skill development (on grass surface)
- Practice walk to apply new skills (on sealed paths)
- Review, questions, concerns, arrangements for future sessions

Handouts are provided on warm up and mobilisation exercises, and cool down and stretching for NWing

Session Content

Session 1. Foundations: Good walking posture, ideal arm-swing, how to hold/control the NW pole handles correctly/safely, maintain correct angle of pole behind body, "landing" / "planting" poles on the "sweet spot"

Session 2. Power of the Poles: reviewing and refining foundations from Session 1. plus learning how to propel the body forward by pushing through the straps, fully engaging upper arm and back muscles (and unloading up to 10kg from lower back, hips, knees and ankles). In this session we do a video analysis of your technique to assist better understanding of aspects to focus on to achieve mastery.

Session 3. Putting it all together – taking the next step: learning the technique for fuller rear arm/pole extension, improved heel/toe action & pushing off; engaging calf, hamstrings & gluteal muscles. Learning to gear/speed up to increase cardio work, techniques for walking up and down hills and steps to get most out of the poles while protecting knees. Optional – learning to NW skip, bound and run – for greater cardio workout)

Kristen Pratt is a qualified Occupational Therapist and Certified Nordic Walking Instructor with Nordic Walking UK, International Nordic Walking Federation (Australia) and the Nordic Academy. Kristen taught Nordic Walking in Europe in 2012-13 and founded Capital Nordic Walking in Canberra in 2014. She has a Cert IV in Fitness, holds a current first aid certificate and has full public liability and professional indemnity insurance.

Contact Kristen on 04 9999 3215 or at hello@capitalnordicwalking.com.au

B.AppSc (OT), M.EdSt, M.BA, M.IntDev't

For more information: www.capitalnordicwalking.com.au

PRICING STRUCTURE: GROUP, COUPLES & INDIVIDUAL LESSONS

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| <p>Introductory Nordic Walking Session: 1-hour session covering the background, benefits and applications of Nordic Walking, introduction to NW poles and the difference between them and hiking poles, including a Nordic Walking demonstration. Reading material available, and plenty of time allocated for questions.</p> | <p>Free</p> |
| <p>Group Nordic Walking Proficiency for <u>Fitness</u> Course</p> <ul style="list-style-type: none"> • 3 x 1-hour group sessions for 4 people with one instructor or 8 people with 2 instructors. • Suitable for people who are able to walk at a moderate pace for at least 20 minutes. • Designed and structured to ensure that participants effectively learn correct basic NW technique and are provided with guidance regarding which NWing pole models are most suitable for their needs. <p>Concession holders: \$130.00 pp</p> | <p>\$150.00pp (incl pole hire and resources)</p> |
| <p>Group Nordic Walking Proficiency for <u>Health</u> Course</p> <ul style="list-style-type: none"> • 3 x 1-hour group sessions for 3 people with one instructor or 6 people with 2 instructors • Suitable for people with limited mobility and/or health conditions such as arthritis, joint replacement, chronic fatigue, fibromyalgia, cancer or Parkinson's (participants with significant mobility challenges may be recommended for private lessons) • Designed and structured to ensure that participants master safe NWing pole use to achieve their mobility goals as well as receiving guidance regarding which NWing pole models are most suitable for their needs <p>Concession holders: \$130.00 pp</p> | <p>\$150.00pp (incl pole hire and resources)</p> |
| <p>Nordic Walking Proficiency Courses: <u>Fitness and Health for couples/mates (2 people)</u> 3 x 1 hour sessions as outlined above tailored to meet the needs of couples.</p> <p>Concession holders: \$160 pp</p> | <p>\$180.00 pp (incl pole hire and resources)</p> |
| <p>Private NW Proficiency Lessons / Technique Review Clinics: For maximum convenience and personal attention. Suitable for those with specific needs and/or people who are not comfortable in a group setting. Also for participants who have completed the full NW proficiency course and are seeking a technique refresher or review to resolve a problem or improve their technique.</p> <p><i>*The full 3 x 1 hour sessions proficiency course is recommended for beginners*</i></p> <p>Concession holders: \$80 per hour</p> | <p>\$100.00 per hour (incl pole hire and resources)</p> |

Nordic Walking outperforms regular walking, jogging, cycling, swimming

Around the world, millions of Nordic Walkers are enjoying the immense health and fitness benefits that this new form of fitness walking provides. Nordic Walking is unique in that it can provide benefits for everyone, all ages, from those with medical problems to the super fit. The health benefits of NW are proven to be significantly greater than regular walking, jogging, swimming and cycling with scientific research from Europe and the USA proving that Nordic Walking:. Nordic Walking is also an effective rehabilitation measure that can be individually adapted to assist with injury-recovery, acute and chronic conditions including arthritis and other joint conditions, diabetes, and neurological and cardiovascular-related diseases.