



CAPITAL NORDIC WALKING

low impact - high results - total body fitness

INTRODUCTION TO NORDIC WALKING

Welcome to Capital Nordic Walking! This presentation is designed to help you learn about the background to and many benefits of Nordic Walking and assist you in deciding if Nordic Walking is for you. You will learn about the differences between Nordic Walking and Hiking Poles. There will be a demonstration of Nordic Walking showing the different levels of intensity. Handouts on Nordic Walking and Capital Nordic Walking's services and Proficiency Courses will be available. There will be plenty of time for questions.

What is Nordic Walking?

Around the world, millions of Nordic Walkers are enjoying the immense health and fitness benefits that this new form of fitness walking provides. Originally developed from the summer training regime of cross-country skiers, Nordic Walking is one of the fastest growing health and fitness activities in the world being used by individuals, personal trainers, health clubs, physiotherapists, doctors and health promoters because it is highly effective, affordable and fun. The benefits of Nordic Walking are achieved by using specially designed poles (different to regular hiking poles). The poles are planted behind you in order to propel you along using the massive power from the entire upper body, including arms and core, resulting in a low impact, high results, and total body workout.

Nordic Walking outperforms regular walking, jogging, cycling, swimming

Nordic Walking is unique: it can provide benefits for everyone, all ages, those with medical problems to the super-fit. The health benefits of Nordic Walking are proven to be significantly greater than regular walking, jogging, swimming and cycling with scientific research from Europe and USA proving that Nordic Walking:

- ✓ *Uses over 90% of the body's skeletal muscles (more than regular walking, jogging, cycling)*
- ✓ *Increases aerobic effect by up to 25% compared to regular walking*
- ✓ *Burns over 45% more calories than regular walking, can assist with weight loss*
- ✓ *Tones upper arms, shoulders, back and leg muscles*
- ✓ *Develops core stability and strength*
- ✓ *Promotes upright posture, improves balance and coordination*
- ✓ *Decreases load and strain on lower body joints (lower back, hips, knees and ankles)*
- ✓ *Helps ease neck and back pain*

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.

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. Kristen holds a Cert IV in Fitness, a current first aid certificate and has full public liability and professional indemnity insurance.

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