

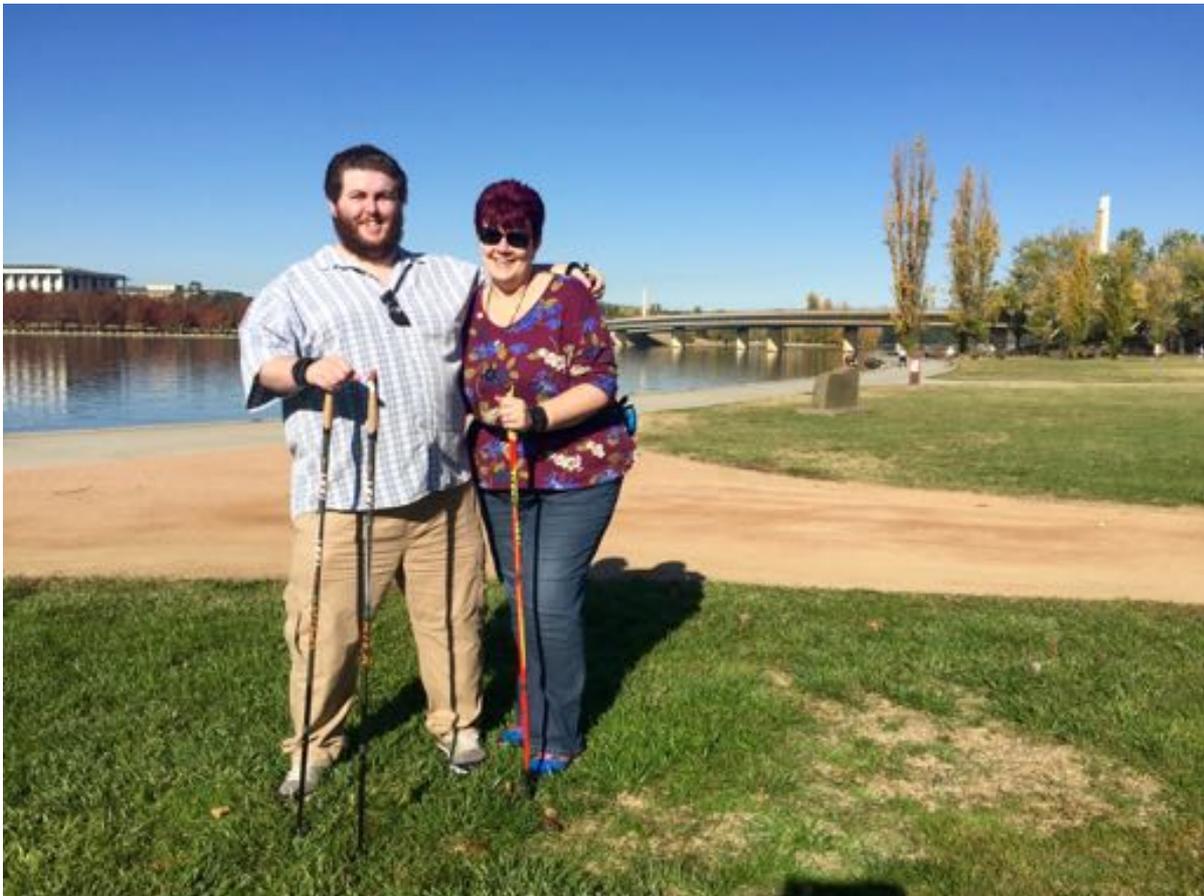
# Congratulations to Jake Armstrong – Capital Nordic Walker of the year 2016

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I was privileged to meet and teach Jake and his Mum Christina to Nordic Walk in March 2016.

Christina had come to Nordic Walking in the hope that it would enable her to remain active and get strong and fit as she dealt with a raft of serious health challenges including complications of breast cancer surgery, hip and knee joint problems and pain, and shoulder rotator cuff injury. Now that I write this I'm wondering if Christina should have also been a Capital Nordic Walker of the year!! Her determination and good nature in the face of so many challenges is awe-inspiring.

Christina had encouraged 25 year-old Jake to join her for the lessons as Jake was trying to lose a bit of weight and get back to his football days level of fitness – and he already enjoyed walking.



Jake was a lot of fun but was also perhaps one of my most challenging students to teach. This young man has a sharp wit and wicked sense of humour. He is very focused, determined and impatient to understand and master new skills and challenges quickly. So he really kept me on my toes – second-guessing what was coming next, asking

thoughtful pointed questions about why we were doing particular exercises, and getting impatient with me when I didn't move fast enough through the lesson!!

Jake has Asperger's Syndrome – and whilst that means he clearly has above average intelligence he struggles with a few things like some social interaction and communication, some motor skills and changes in routines. Jake's also not so keen on big team activities – so Nordic Walking suited him well. I was really touched by Jake's love and care for his Mum – he was so protective of her.

Jake worked so hard during our lessons it was often hard for Christina and I to keep up with him! And he'd usually end the lesson hot and sweaty and having covered a lot of ground. It was clear that he was putting his new skills into practice in between lessons as he picked up the technique quickly and in no time was looking like a natural.

By June Jake had already lost 7kgs! Go Jake!

### **Capital Nordic Walking 2017 Walk for a Cause: Mother's Day Classic**

Despite many ongoing challenges Christina and Jake have set themselves some training goals that include a "Walk for a Cause" in 2017. Capital Nordic Walking is joining them and adopting their 'Walk for a Cause' for the Canberra Mother's Day 5km Classic on Sunday 14<sup>th</sup> May 2017.

1 in 8 women will be diagnosed with breast cancer in their lifetime, and 8 women die from breast cancer every day in Australia.

The Mother's Day Classic is an annual fun run and walk raising funds and awareness for breast cancer research. Its aim is to deliver a fun, healthy and inspirational event that brings the community together on Mother's Day to support and remember those touched by breast cancer.

Mother's Day Classic has raised \$27.4 million since it began and helps drive over 30 National Breast Cancer Foundation projects across Australia.

We hope that you will also join the Capital Nordic Walking team and support Jake and Christina in the 2017 Mother's Day Classic. More information to follow in the New Year about the event and our team.