



# Benefits Everyone

AND IMPROVES OVERALL WELLBEING

*"I really enjoyed the course and have found a great improvement in my posture when Nordic Walking. This technique is fantastic at improving upper body fitness and the Nordic Walking poles really do reduce weight through the hips, knees and ankles. I have been recommending Nordic Walking to my patients with knee problems to safely promote their fitness levels."*

Simon Ellis (Consultant Knee Surgeon)

*"I enjoy Nordic walking as it stretches and tones my whole body in addition to giving me an aerobic workout. Using Nordic Walking poles not only gives support but allows me to increase my walking speed safely to get the most out of my exercise. Having a busy office-based job I find the combination of a full body exercise in the fresh air, through beautiful countryside very rewarding for mind, body and spirit."*

Sarah Megson, age 41  
University Administration Manager



# Walking For Health & Fitness

CHOOSE A HEALTHIER LIFESTYLE

## ABOUT YOUR INSTRUCTORS

Sessions will be delivered by experienced and professional Nordic Walking Instructors, Julie Wraight & Doug Baguley. We are fully insured, First Aid certificated and NWUK code compliant. Julie is also registered with REPS (Level 3).

## FURTHER INFORMATION

For further details and any enquires you may have about the tasters, courses, club or poles in the park then please contact the Nordic Walking Instructors:

### Julie Wraight

07903839292

[julsw@blueyonder.co.uk](mailto:julsw@blueyonder.co.uk)

### Doug Baguley

Tel: 01622 205782 Mob: 07792 728171

[doug.baguley@blueyonder.co.uk](mailto:doug.baguley@blueyonder.co.uk)

## Poles in the Park

### Saturday morning in the Park

This session will improve your fitness levels and further improve your Nordic Walking technique. Along with Nordic Walking poles we use a variety of equipment that will take you into a full body workout and increased calorie burn.

*Come along and join in the fun!*

*For those that have completed our 4 week course.*



## WHAT IS NORDIC WALKING?

Nordic Walking is an enhancement to ordinary walking – it makes something we can all do even more effective!

Nordic Walking poles are used which help to propel the walker along – therefore working harder than usual – yet the support of the poles makes it seem easier! With the correct technique the upper body gets a work out, including the strengthening of the back, shoulders and arms, as well as the lower body.

Nordic Walking is used by individuals, personal trainers, physiotherapists, doctors and health promoters because it is extremely effective, affordable and great fun.

## WHO IS IT FOR?

Simply for everyone who enjoys being outside. Any age (18+), fitness and lifestyle.

For those who want to become more active, for those re-habilitating from an operation or illness, for keen walkers who would like to get a bit more from their time spent outdoors- all the way to experienced athletes who would like an alternative mode of training.

## WHY SHOULD I TRY IT?

Nordic Walking provides benefits for ALL

Burns more calories than regular walking

It improves the muscles of the arms, shoulders, chest, back and abdomen

It uses almost all of the skeletal muscles

Improves co-ordination

It is less stressful than other forms of exercise, especially on the back, knees, hips and shins

Improves cardio-vascular fitness, great for the heart and lungs

A fantastic way to get yourself outside, get yourself active and meet new people

Last, but certainly not least, it is FUN!

Expert Tuition provided, with **FREE** use of poles!

## HOW DO I GET INVOLVED?

White Horse Nordic Walking offers regular **FREE** taster sessions throughout the year.

You may then like to follow on with our popular 4 week training course to develop your technique. We also offer private sessions – one to one or groups.

**We will then invite you to join our Nordic Walking club. For those who wish to add a more vigorous session to their week we offer Poles in the Park.**

(Please see reverse of this leaflet for more details)

## WHAT CAN I EXPECT FROM A SESSION?

Each lesson will last one hour

Learn how to fit the glove straps and take care of the poles

Nordic Walk on the flat, up & down hill

Learn how to make your session more effective with a warm-up to start and a cool-down stretch to finish

Learn how to move your body to achieve maximum benefits

Practise good technique with the poles

**FUN & LAUGHTER!**

## WHAT SHOULD I WEAR?

Comfortable walking or training SHOES. Waterproof lightweight clothing appropriate for the weather conditions ie. Waterproof jacket, thin gloves (for the cold days), Small back pack.

(useful for carrying your water bottle etc)

