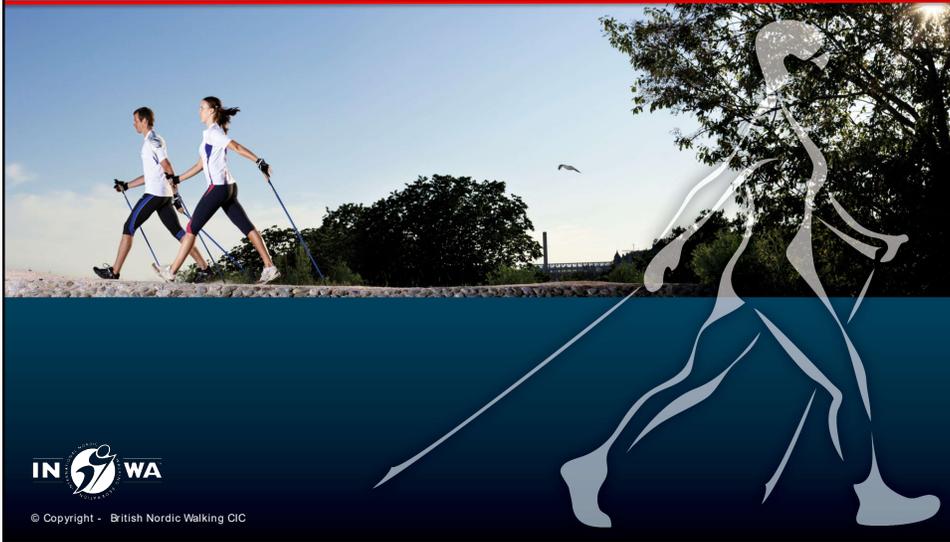


# Nordic Walking



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## Steve Ellis – National Trainer & Instructor



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## What is Nordic Walking?



- ✓ All over body exercise...works the upper body in extension!
- ✓ Engages 90% of skeletal muscles and burns 46% more calories than walking without poles!
- ✓ Since the 1930's Finnish cross-country skiers have used poles for summer training...
- ✓ Finnish school's curriculum in late 60's...
- ✓ EXEL first used the term 'Nordic Walking' in 1997; by 2000 INWA was created...
- ✓ 2021 – around 43 countries worldwide...

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## Walking vs. Nordic Walking



### WALKING

- ✓ Easy to take up
- ✓ Intensity can be built gradually
- ✓ Free
- ✓ Low risk of injury
- ✓ Sociable
- ✓ Reduced risk of cardiovascular disease, hypertension, certain cancers, obesity, osteoporosis, diabetes and some mental health problems
- ✓ Can improve bone density, blood lipid profile and sense of well being



### NORDIC WALKING.... also

- ✓ Based on normal walking patterns, improving posture and gait,
- ✓ Whole body exercise, using 90% of skeletal muscle
- ✓ Increased cardiovascular demand
- ✓ Increased calorie burn (up to 46%)
- ✓ Low perceived effort
- ✓ Works in extension
- ✓ Reduced neck & shoulder tension
- ✓ Reduced load on knees & hip joints
- ✓ Improved spinal rotation



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# Nordic Walking is "FOR ALL"



Fitness...Adventure  
Physical & Mental Health



Technique...Leadership  
Shared Experience & Social

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# Questions?

