

## **NORDIC POLE WALKING**

Nordic Pole Walking is a low-impact exercise that provides the highest benefits for health, wellness and fitness for people of all ages and fitness levels. It is especially beneficial for seniors because it improves upper body strength, coordination, balance, contributes to faster weight loss, better cardiovascular health and better posture. Poling even helps people recovering from knee or hip surgery to get moving again through the support from the poles.



Anyone can become a Nordic Pole Walker and instantly experience the benefits. It is the ideal activity for both older and middle-aged folk, which means it's something we can do together with their parents – or they can do it on their own. If they can walk, they can Nordic Walk! Nordic Walking really is for everyone. The poles mean that effort is shared between the upper and lower body so it actually feels easier than normal walking, particularly uphill. It's really good exercise for problem areas such as the arms, stomach, and bottom.

Nordic Walking puts less strain on joints than other activities and can be very effective for people with mobility issues or those recovering from illness or injury. Pole Walking has been proven and validated through many scientific and clinical research studies to be a catalyst in the promotion of improving your health, physical activity and rehabilitation. The combination of benefits makes Nordic Walking an ideal exercise for people suffering from a wide variety of chronic health conditions such as diabetes, heart disease, arthritis, osteoporosis, Parkinson's disease, obesity, and Multiple Sclerosis.



### WHY YOU SHOULD USE THE NORDIC POLES

- ⇒ For balance in walking
- ⇒ To give your lower body and upper body a work out
- ⇒ To help you speed up

Nordic walking poles are very different from hiking and trekking poles. There's no question; you will receive more benefit when you use proper Nordic straps with your Nordic Poles. For best results, you need the proper equipment. Hiking poles, trekking or walking sticks just don't achieve the same results. Straps increase stability and enable you to be far more flexible.



**Proper Nordic Style Straps [ ] Trekking or Hiking pole straps**

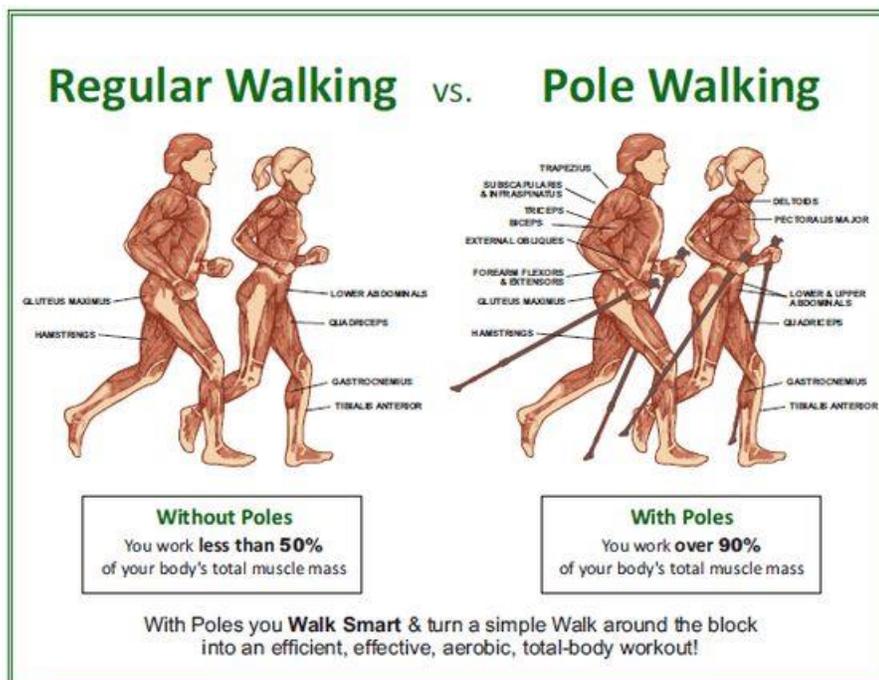
Poles without straps are simply walking sticks and they are meant for people who need the extra balance when walking slowly. Or they could be used in hiking up a mountain. They are not fitness or NPW poles – they are walking sticks.

You can hike or trek with Nordic Walking poles, but you cannot Nordic Walk with strapless hiking or trekking poles.”

## BRIEF HISTORY

The term "Nordic Walking" came into existence in 1997 when a Finnish skier developed a fitness walking pole with a wrist strap system. The wrist strap is the key component to the Nordic Pole Walking technique and allows the walker to enjoy the associated physical and health-related benefits.

In Finland, Nordic Walking records an amazing 30% of the population regularly Nordic Walk, in Switzerland health insurance companies offer reduced premiums for those who Nordic Walk, in Austria doctors prescribe Nordic Walking as medical treatment, in Germany there have been mainstream magazines devoted solely to the activity, in the UK community health programs run strong, and in Canada marathons and fun runs have created separate categories for Nordic Walkers.



The basis is simple! Usually, walking utilizes muscles in the lower half of the body but pole walking adds the use of your upper body muscles, your arms, back,

shoulders and neck. The result is a highly effective all over workout that doesn't feel like one! Nordic Walking is a fun and social activity that can be done in town or country throughout the year. All you need is to dress for the weather and wear a pair of good walking shoes.

Even though Nordic Walking originates from the cool Scandinavian countries, it is an activity that is very well suited in any climate and landscape. Snow or skis are definitely not needed! Rather, Nordic Walking can be done anywhere that normal walking is performed - on sand, gravel paths, asphalt or grass, and on flat or hilly landscapes. It is not like trekking so proper instruction is essential in order to ensure the poles can deliver the maximum benefit to the participant.

Exercise physiologists, physiotherapists, podiatrists, cardiac nurses and personal trainers are just a few of the professionals that are utilising this affordable and easy to facilitate form of exercise as an inclusion or an add-on to their existing suite of services. Nationally Certified Nordic Walking instructors are essential so that the technique can be adapted and modified to accommodate an individual's physical abilities and health needs.

Nordic walking is genuinely better than regular walking in almost all ways. You get a better aerobic exercise while adding light resistance training for your arms and upper body that you don't get with walking.

### **Some other important points about Nordic Pole Walking:**

- Anyone who suffers from diabetes, who's overweight or has high blood pressure and has been encouraged by their physician to exercise, improves at much faster rates Nordic Pole Walking than by simple walking.
- The more muscles you work out, the more calories you burn; the more blood sugar you burn down; the more your metabolism is enhanced by NPW.

- Numerous clinical studies are beginning to show vast benefits of NPW, especially among seniors. While using poles contributes to faster weight loss, increased heart and cardiovascular health, even better posture, the activity is also of benefit for people recovering from knee or hip surgery.
- Biomechanical studies show the poles take off load from your knee and hip joints. You have up to 30 per cent less impact on knee joints and hips when you walk with Nordic poles."

Nordic Poles are a style of a pole, not a brand. Many companies make authentic Nordic style poles. (Leki, Excel, Gabel) We promote the Nordixx brand because they are literally ½ the cost of the aforementioned brands.

Nordic Walking Nova Scotia is Atlantic Canada's leading source for Nordic Walking lessons, Beginners Clinics, instructor certification. We offer top quality, authentic, reasonably priced Nordic Pole Walking poles with proper thumb-hole hand straps, beginner (beginner classes are offered free of charge) and intermediate. We supply "loaner poles" for students to use and "try before they buy".

[Nordic Walking Nova Scotia](#) ... a better way to walk

