



Nordic Walking Nova Scotia Summer Newsletter

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Beginner Nordic Walking Classes

To register for any of the classes email Bill & Esther VanGorder or phone 902 454 2267. Leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the class is filled.

Dartmouth Cole Harbour - Friday July 19th, 10 a.m. – 11:30 a.m. Sobey's Cole Harbour Community Room 2 Forest Hills Parkway. We supply the genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class from nationally certified instructor Ian MacDonald.

Halifax - 6 Parkhill Road (Jollimore) - Monday July 22nd, 7pm – 8:30 pm. At the Pond Playhouse (home of the Theatre Arts Guild – TAG), 6 Parkhill Road. Off the Purcell's Cove Road just past the Frog Pond. In the rehearsal hall and surrounding paths. We supply the genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class Beginner class taught by Esther and Bill VanGorder.

Dartmouth - Sobey's Tacoma Drive, Tuesday August 13, 10:30 a.m. – 12 noon. Limited seating in the Community Room so register now. (See how below) We supply the genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after this beginner class taught by Ian MacDonald.

Halifax - Saturday August 17th, 10:30 – 12 noon Sponsored by **Roy Thomas** of Sutton Realty in the Board Room and **Parking Lot Sutton Group Professional Realty, 3845 Joseph Howe Drive #100, Halifax.** Taught by from nationally certified instructors Esther and Bill VanGorder.

We supply the genuine Nordic style poles for you to try so you can try Canada's fastest growing adult fitness activity. "Nordic Walking Poles" are a style, not a brand. They are very different from "Hiking" or "Trekking" poles found in most stores. Learn about "Nordic" style poles and the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class.

To register at NO CHARGE contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca, phone 902 454 2267 or email RoyThomas@RoyThomas.ca, phone 902-497-3031 and leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the class is filled.

Dress for the weather; we will be inside and out. Wear good walking shoes.

We endeavor to start all classes on time. Please arrive 15 minutes prior to class start time to complete the registration form.

Windsor NS - Monday August 26th, 10:30 a.m. - 12 noon. Hants Community Hospital, **89 Payzant Drive**, Windsor. We supply the genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class from nationally certified instructors Esther and Bill VanGorder.

To register for any of the classes email Bill & Esther VanGorder or phone 902 454 2267. Leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the class is filled.

See our website for September and October classes NordicWalkingNovaScotia.ca

Lunch & Learn at the Halifax & Region Military Family Resource Centre
Wednesday July 17th at 12 pm to 1 pm

Are you eligible to attend programs at the Military Family Resource Centre? If so, contact the

Volunteer Coordinator Jill (902) 427-7205 to register for this lunch and learn at the Windsor Park MFRC location. We supply genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class from nationally certified instructors Esther and Bill VanGorder.

NEW! Special Intermediate Nordic Pole Walking Class
Learn the techniques and learn new ways to improve your joy of Nordic Walking.

Wednesday September 25th, 7:00 p.m. – 8:30 p.m. 6 Parkhill Road (Jollimore) Halifax at the Pond Playhouse (home of the Theatre Arts Guild – TAG). Off the Purcell's Cove Road just past the Frog Pond. Intermediate class taught by Esther and Bill VanGorder. Cost is \$5.00 per person contribution to the TAG Building Fund. For Nordic Walkers who have been using Nordic style poles for at least 3 months. Register: email Bill & Esther VanGorder or phone 902 454 2267. Leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the class is filled.

Share Your Love of Nordic Walking - Become a Certified Instructor
Instructor Certification Clinic

Saturday August 10th, 2019 8:30 a. m. – 5 p. m

Chief Instructor Trainers: Bill & Esther VanGorder.

Email: Bill@NordicWalkingNovaScotia.ca or call Esther or Bill VanGorder (902) 454 2267

Learn how to methodically teach the proper, effective Nordic Pole Walking technique developed in Europe, Learn about the scientific and clinical studies of Nordic Pole Walking. Discuss marketing and marketing support of Nordix Pole Walking Canada and Atlantic distributors, Esther & Bill VanGorder of Nordic Pole Walking Nova Scotia, a division of MRC Associates Inc.

The course is limited to 15 candidates. Fee: \$295.00 plus HST

The Nordic Pole Walking 8.5 hr. Instructor Certification Course includes: a pair of Nordix Global Walker poles, power point presentation, practical instruction, 4 CEC credits from CanFitPro, Nordic NPW instructor exam, diploma, access to online research and training information, promotional page on our website for your classes, instructor prices on all poles and supplies, instructor information package including PowerPoint presentation and sample class teaching and promotional material templates. No charge to attend future certification clinics to update your knowledge.



To Register for the Instructor Certification Course or for more information contact Bill VanGorder, Nordic Pole Walking Nova Scotia Atlantic Nordix Nordic Pole Walking Poles Trainers & Distributors. Phone: 902 454 2267
Email: Bill & Esther Office: 5545 Stanley Place, Halifax Nova Scotia B3K2E8

Group Walk sponsored by NWNS and CARP NS



CARP / Nordic Walking Nova Scotia Group Walk Thursday August 15th, 10 a.m. - 11 a.m. in Bedford.

Walk along River Trail. Meet in the parking lot behind the True North Diner, 1658 Bedford Hwy, Bedford. Take River Lane off the Bedford Highway north of the Rona Store.

No charge.

To register email Bill@NordicWalkingNovaScotia.ca or phone 902 454 2267 and leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the walk is changed due to weather.

Halifax and Area CARP Monthly Walks

– Each walk at a different location. CARP Nova Scotia Chapter Stand Up Straight campaign hosts at least one Walk each month April thru November, 2018. No need to register Bring a friend, non-members welcome. No charge. For regular walkers and Nordic Walkers. Led by Bill & Esther VanGorder.

Watch our Nordic Walking Nova Scotia and CARP NS Facebook pages, newsletters and website for future location, dates and times.

Perfecting Your Nordic Technique

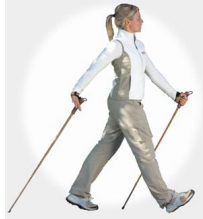
Has it been a while since you took one of our beginner Nordic Walking classes? It does have

a small learning curve, so sometimes we need a little review. The biggest challenge is coordinating your arms and legs.

Here's how to nail the technique.

1. First, you carry. Hold a pole in each hand, grasping it lightly. Walk with the poles alongside you, letting your arms swing in natural opposition to your legs (i.e., your left arm and right foot move in tandem). Do this for several minutes, until it feels natural.
2. Then, you drag. Put on the thumb hole straps that come with your Nordic style poles. (No straps or thumb hole? Then they are not Nordic Poles. As you walk, open your hands and let the poles drag behind you. (You'll skip this step once you move on.) Notice how the poles angle back behind you.
3. Next, you plant. Plant the poles on the ground, rather than dragging them. Lightly hold the grips and keep the poles angled at about 45 degrees backward. Hold your elbows close to your body with your arms straight but relaxed. Focus on making good contact with the ground.
4. Then, you push. As you get more comfortable walking, firmly push the poles backward with each step, applying force through the strap. Push your arm past your hip, opening up your hand at the end of the arm swing. As each arm comes forward, pretend you're reaching forward to shake someone's hand.
5. Finally, perfect it! To maximize your workouts, tweak your form. Roll from your heels through to your toes and slightly swing your shoulders. If I were standing behind you, I should see the sole of your shoe as you push off. Maintain good posture and lean forward slightly from your ankles.

Also, lengthen your stride: You'll get a fuller arm swing while giving your legs a better workout.



It can be easier if you have some instruction. **Join us for our Intermediate Nordic Pole Walking Class** where you will learn the techniques and learn new ways to improve your joy of Nordic Walking.

It is on **Wednesday September 25th, 7:00 p.m. – 8:30 p.m.** 6 Parkhill Road (Jollimore) Halifax at the Pond Playhouse (home of the Theatre Arts Guild – TAG). Off the Purcell's Cove Road just past the Frog Pond. Taught by Esther and Bill VanGorder. Cost is \$5.00 per person contribution to the TAG Building Fund. For Nordic Walkers who have been using Nordic style poles for at least 3 months. Register: email Bill & Esther VanGorder or phone 902 454 2267. Leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the class is filled.

See our regularly updated Nordic Walking messages on


Website [click here](#).

Facebook [click here](#)

Twitter [click here](#)

Nordic Walking Nova Scotia
Nordic Pole Walking poles, supplies and instruction.
www.NordicWalkingNovaScotia.ca
Email: Bill@NordicWalkingNovaScotia.ca

902 454 2267 - Halifax, NS
Esther and Bill VanGorder
Representing *Nordlxx Canada*

 **A Better Way to Walk**

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