

Nordic Walking Nova Scotia

Classes, Lunch 'n Learns, Instructor Certification,

Nordixx Brand Nordic Walking Poles & Supplies

www.NordicWalkingNovaScotia.ca

Esther and Bill VanGorder 902 454 2267

...A Better Way to Walk

NEWSLETTER

August 6, 2019

In this issue

1. Instructor Certification Clinic - Become a Nordic Walking Instructor.
2. Upcoming Beginner Classes
3. Intermediate Class for those who have taken the Beginner Class
4. Ticks and Lyme disease – What you should know
5. Why do Nordic style Poles have a special strap.
6. *Walk This Way With Poles* – article on Nordic Walking in Senior Living News.

1. Nordic Pole Walking

Instructor Certification Clinic - Halifax

Saturday August 10th, 2019 8:30 a. m. – 5:00 p. m

- 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
- Chief Instructor Trainers: Bill & Esther VanGorder.
- Discuss marketing and marketing support of Nordixx 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 Nordixx Nordic Pole Walking Instructor's 8.5 Hr. Course includes: Practical Instruction & Course Package. Your own copy of the PowerPoint presentation to use with your classes, teaching methods and instruction in the proper Nordic Pole Walking technique, Nordic Walking manual on CD, Nordic Pole Walking handouts for you to customize for use with your students, plus a set of Nordixx Walker Poles. Successful applicants will receive 4.0 CEC credits from CanFitPro Canada, a

Nordic Pole Walking Instructor Diploma, access to online research and training information, Promotional page on our website & social media for your courses, Instructor prices on all poles and supplies, no charge to attend future Certification Clinics to update your knowledge and Instructor Information Package.

To Register for the Instructor Certification Course or for more information contact

Bill VanGorder, Nordic Pole Walking Nova Scotia Phone: 902 454 2267

Email: Bill@NordicWalkingNovaScotia.ca

Mail: 5545 Stanley Place, Halifax NS B3K2E8

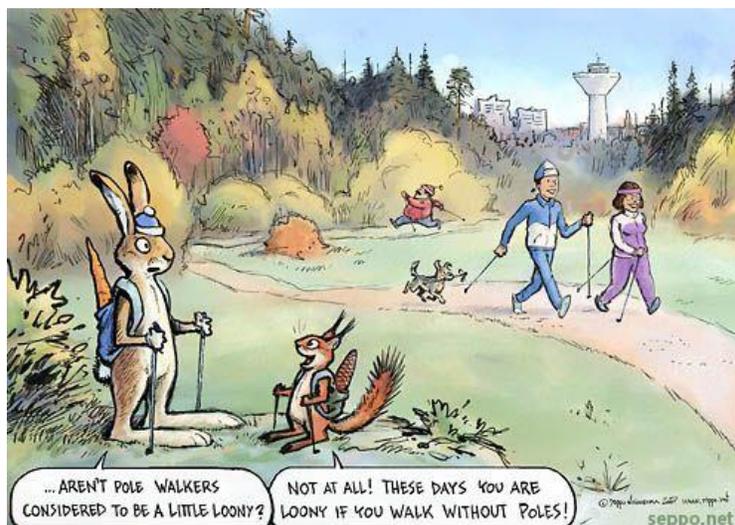
2. Free Beginner Classes in August, September and October

- **Windsor NS** - Monday August 26th, 10:30 a.m. - 12 noon. Hants Community Hospital, 89 Payzant Drive, Windsor.
- September **Bedford Public Library**, Friday Sept 20th, 1:30 – 3pm, 15 Dartmouth Rd, Bedford, NS B4A 3X6.
- **Windsor NS** – Friday September 27th, 10:30 a.m. - 12 noon. Hants Community Hospital, 89 Payzant Drive, Windsor.
- **Halifax** - Saturday September 28th, 1 p.m. – 2:30 p.m. Board Room and Parking Lot Sutton Group Professional Realty, 3845 Joseph Howe Drive #100, Halifax Sponsored by Roy Thomas of Sutton Realty in the.
- **Halifax** – Tuesday, October 1st, 1:30 – 3:00 p.m. Parkland at the Gardens, 5732 College Street, Downtown Halifax, NS B3H 0B3 in the Parkland Theatre Room. .
- **Middle Sackville**– Wednesday Oct. 2 - 6:30 – 8:00 pm - Sackville Heights Community Centre, 45 Connolly Road Middle Sackville NS B4E 1S6
- **Halifax**, 6 Parkhill Road Jollimore – Beginner Class -Saturday Oct 12th, 10:30 a.m. – 12 noon 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.

- To register for any classes offered at NO CHARGE by Nordic Walking Nova Scotia 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 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. Nordic Pole Walking “loaner” poles will be supplied 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. You will learn to use "Nordic" style poles and the proper technique for fitness and enjoyment. Genuine Nordixx Nordic Walking Poles will be available for purchase after the class.

3. **Special Intermediate Nordic Pole Walking Class**

in Halifax, 6 Parkhill Road (Jollimore) – Wednesday September 25th, 7:00 p.m. – 8:30 p.m. 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. 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 class is filled.



4. Ticks, Lyme disease and You

Nordic walkers should not avoid walking on trails and paths because of a fear of ticks. But there are some things you should know to keep yourself protected.

Ticks hang out in long grass and shrubs. Stray on the path or trail and you minimize your chances of being bitten.

Lyme disease is a bacterial infection transmitted to humans by a bite from an infected black-legged tick. A tick needs to be drawing blood from its source for about 36 hours before it actually transmits the infection, so if you do find a tick on you, the sooner the tick is removed from your skin the better. Carefully grasp the tick with tweezers as close to the skin as possible and pull it straight out. Clean and disinfect the area.

However the best plan is not to have one bite you in the first place.

Avoid walking in long grass, thru shrubbery or off the wide path in the woods.

To be sure you are protected, apply insect repellent containing DEET or Icaridin to exposed skin. There is also at least one natural alternative on the market which also claims to be a preventative - Atlantick, developed in Mahone Bay.

In Canada, Woods™ spray containing icaridin is available at Canadian Tire and you can source where to buy Icaridin based repellents by doing a quick internet search. The 20% spray, not lotion, is the most effective.

Spray exposed skin, clothing inside and out and footwear as well.

Wear light clothing rather than dark, pants should be tucked into socks, and wear good walking shoes that are closed – not sandals.

Check yourself after a rural walk in and around ears, arm pits, belly button, groin, waist, and especially in the hair and scalp area.

Source: <https://canlyme.com/>

*Nordic Walking burns more calories, tones your core and
at the same time takes pressure off your lower joints.
That's why Nordic Walking is Just a better way to walk.*

5. It's all about the strap!

We often get asked if you can Nordic Walk with ordinary trekking or walking poles and the answer is simple...NO! However, you can use Nordic Walking poles for trekking so we would advise anybody who is looking to use poles when out walking to try Nordic Walking first!

So, what is the difference? It's mainly due to the strap and handle. As you can see from the picture, this Nordic Walking pole has a glove/strap that actually attaches to the handle and is fixed to the pole whilst in use. As Nordic Walking originally came from Cross country skiing, the pole is planted at an angle rather than in front of the walker and this requires a push through the STRAP



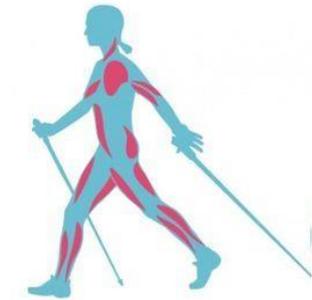
The strap allows the hand to articulate and push through the movement as you move forward (imagine a skier gliding along) This lovely fluid movement, provides propulsion and allows the walker to increase stride and harness the power of the upper body. You can see from the image that the walker is not gripping the handle of the pole and that it is angled behind him as he gently powers forward.

Trekking poles often do have a strap but it is usually simply to loop around the wrist in order to ensure the pole is not lost in the event of a stumble.



Trekking poles have a variety of handles types, many of which are designed for because the walker will use these to transfer body weight into the pole which helps to share the load and provide stability. The aim is to take some weight off the lower body joints (especially on hilly terrain) and to cope with

tough conditions under foot. In general the trekker is not seeking to gain such forward propulsion or increase stride in the way Nordic Walkers do and they plant the poles in front of them at a much more upright angle. It is also quite common to use only one pole but we would never advocate that as it can cause imbalance and back discomfort.



Those who have learned Nordic Walking technique correctly find they can use elements of the technique when trekking and that their straps feel equally as comfortable if they plant the poles further forward and more upright.



If you are considering the purchase of a pair of poles and are still unsure which type to buy, you could do worse than choosing the [Nordixx](#) Nordic Walking poles that come complete with proper straps and the correct feet or paws for both trekking and Nordic walking.....inspired!

One further difference between the poles is the little rubber paws for use on harder ground – a Nordic Walking pole will always come with paws that are specially designed in order to facilitate the angle the pole is planted at and this will stop it slipping. Trekking poles generally come with a straighter rubber paw like the one shown here.



6. Article on Nordic Walking in Senior Living published by the Chronicle Herald.

Safe, effective, low-impact workout for seniors

thechronicleherald.ca/more/senior-living/safe-effective-low-impact-workout-for-seniors-337999/



Bill and Esther VanGorder operate Nordic Walking Nova Scotia, which offers Nordic walking beginner and intermediate clinics, as well as instructor certification courses.

Safe, effective, low-impact workout for seniors

Bill and Esther VanGorder operate Nordic Walking Nova Scotia, which offers Nordic walking beginner and intermediate clinics, as well as instructor certification courses.

Walk this way with poles

Bill VanGorder got his start in Nordic pole walking after he realized years of running were putting a strain on his knees. He first started on Nordic pole walking as a warmup, but then noticed it had bigger benefits.

“I soon discovered I was getting more of a workout from Nordic walking than running,” VanGorder says. “I feel I’m in better shape today than I was 30 years ago, when I was running marathons.”

VanGorder started researching Nordic pole walking, which was created in the 1930s as a way for competitive skiers in Finland to train off season. The sport gained significant traction in Europe in the 1990s and VanGorder says now about 20 per cent of Europeans take part in Nordic pole walking.

Safe, effective, low-impact workout for seniors

VanGorder and his wife, Esther, now operate Nordic Walking Nova Scotia. They offer beginner and intermediate clinics in Nordic walking, instructor certification

courses and are Atlantic Canada distributors for Nordic walking poles, which are made by Nordixx Pole Walking Canada.

VanGorder says they've taught Nordic walking to thousands of people across Atlantic Canada, including at long-term care homes.

VanGorder says, unlike running, Nordic walking works out the upper body, too, because you're using your arms to hold and push with the poles. That means you're using all the big muscles in your body, getting an overall better workout and burning more calories. It's also low impact and easier on the joints.

VanGorder says Nordic pole walking is often a good activity for those who don't like gyms and who have trouble sticking to one sport. He says walking hills are easier because the poles help pull you up. You sweat less in the warmer months and hardly at all in the cooler months.

"It doesn't feel like exercise," VanGorder says. "It doesn't feel like you're working as hard as you are."

VanGorder says Nordic walking has particular benefits for seniors. Working on that upper-body strength helps prevent falls and keeps people independent because they can reach and steady themselves better.

And he says walking with the poles creates more support and stability. It helps walkers focus on their posture.

"Poor posture is the second largest cause of falls in adults," VanGorder says.

Nordic walking is also a social sport. VanGorder says many people who take part in classes often create smaller groups for Nordic walking that work with each other's schedules.

And it's portable. VanGorder says there are Nordic walking poles that can collapse and fold up, so they fit into your carry-on luggage. He and Esther take their Nordic walking poles with them to Ontario when they attend the Shaw Festival Theatre every year and go walking to explore Niagara-on-the-Lake.

VanGorder says he has one client in her 80s who leaves her walking poles by the front door so she remembers to go for her walk. VanGorder says it only takes about 30 minutes, five or six times a week, to get optimum fitness from Nordic walking.

"Who can't find half an hour in a day?" VanGorder says.

VanGorder no longer has problems with his knees. He says he stopped running and took up Nordic walking just in time to avoid creating damage and needing surgery. He says he and Esther are in better shape than ever, particularly that upper-body strength.

"We have to fight over who will carry the packages from the car," he jokes. "You want to stay fit and have the energy to do these things and do them safely."