



Newsletter

www.NordicWalkingNovaScotia.ca

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3. No charge shipping across Canada for Nordixx Nordic Walking and Stabilizer poles.
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Learn to Nordic Walk with our No Charge “How To” videos.

Need new feet or poles? See: <https://nordicwalkingnovascotia.ca/supplies.htm>

Dear Nordic Walker,

Our Learn to Nordic Pole Walk Clinics are now online.

We will reschedule our Nordic Walking Beginner and Intermediate classes as soon as health authorities give us the OK, in the meantime you can review your technique and your friends who are new to Nordic Walking can learn the correct technique for safely receiving all the benefits from our **How to Nordic Walk** videos online. No charge.

You will find Nordic Walking instruction using authentic Nordic Walking style poles as invented in Finland with proper thumb-hole or cradle straps at www.NordicWalkingNovaScotia.ca And you can go straight to our free how-to videos here. https://youtu.be/wQR_Auas5T0

If you have questions or require more information mail us at info@NordicWalkingNovaScotia.ca Speak directly with Bill or Esther VanGorder by phone (902 454-2267) to answer your questions.

Find us on Facebook at www.facebook.com/NordicPoleWalkingNS/

Correct technique using the authentic Nordic style poles is free, fun and easy to learn.

Nordic Pole Walking is a low-impact fitness activity that offers the highest benefits for weight loss, health, and wellness that enable you to incorporate over 90% of all your body muscles. It's 'turbo-powered' walking.

Free delivery* by mail or curbside hands free pickup.

Nordixx Nordic Walking Poles for Health, Security & Fitness

Everything you need for \$69.95 or 79.95 ^{+HST} per pair.

Includes proper strap, sand-baskets & carry bag

Enjoy Canada's fastest growing adult outdoor fitness activity

Details at www.NordicWalkingNovaScotia.ca

Nordixx
Global
Walker



Adjustable straps
Adjustable poles

Nordixx
Global
Traveler



Detachable straps
Adjustable poles
Fits into a suitcase

See full details at <https://nordicwalkingnovascotia.ca/supplies.htm>

Contact us for information on reduced international postage.

Nordic Walking During the COVID-19 Crisis

We require our regular Nordic Walking to stay fit (and sane). We Nordic walk for fitness "...not to socialize and we keep the three Cs in mind: Caring, Community and Common sense." as stated by Dr. Robert Strang.

Nordic Walking Nova Scotia recommends you walk alone or with no more than one other person with a distance of 5 meters between you and a walking partner. You can still hear each other at that distance for social conversation. Also, when you meet other walkers, leave the same amount of distance between you. Walk in your own neighbourhood on less used streets or paths where you are less likely to meet many other walkers.

Avoid walking near bus stops or other areas where groups might gather...even if they are social distancing the recommended 2 meters. Also, consider wearing a mask for the protection of others and to show you are mindful of the COVID-19 crisis.

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Walking with Nordic poles burns more calories and works more muscles than conventional walking- Harvard Health, Harvard University Medical School

Nordic walking combines cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs. "When you walk without poles, you activate muscles below the waist. Cardiologist Aaron Baggish is all for it. "When you add Nordic poles, you activate all of the muscles of the upper body as well," Dr. Baggish explains. "You're engaging 80% to 90% of your muscles, as opposed to 50%, providing a substantial calorie-burning benefit."

Lots of evidence confirms that Nordic walking burns more calories than regular walking-estimates range from an increase of 18% to 67% more.

Another benefit: "You're much more stable when you use poles, because you have more ground contact points and you're not relying on two feet alone," Dr. Baggish says.

Use actual Nordic style poles with thumb-hole cradle straps. Unlike trekking or hiking poles, which have loose straps that go around your wrists, Nordic poles have a special glove-like system attached to each pole. "You slide your hand into it and use your palm rather than your fingers to transmit power to the poles and move yourself forward," Dr. Baggish explains.

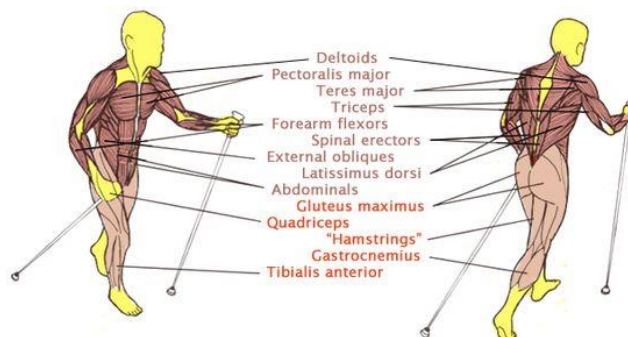
See the entire Harvard article here: https://www.health.harvard.edu/staying-healthy/fitness-trend-nordic-walking?fbclid=IwAR0lCmmOeWf4gQegp808u4t9lChgR_slhpzIMrBL16DbPspoUM-sElnkQuY

Ongoing Nordic Walking Beginner classes with fees charged:

Check these facilities when they reopen

Dartmouth Sportsplex –Zatsman Sportsplex <https://sportsplexevolution.ca/>

CanadaGamesCentre—4week session Members \$32 Non Members \$40



Share Your Love of Nordic Walking
Become a Certified Instructor
Nordic Pole Walking Instructor Certification Clinic
Next course date and time TBA

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
- 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 NPW 8.5 Hr. Course includes: A pair of Nordixx Walker Poles, Pre-clinic education, Power Point Presentation, Practical Instruction, 4 CEC credits from CanFitPro, Nordic NPW Instructor Exam, Pole Walking Instructor Diploma, Access to Online research and training information, Promotional page on our website 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 Atlantic Nordixx Nordic Pole Walking Poles Trainers & Distributors. Phone: 902 454 2267

Email: Bill@NordicWalkingNovaScotia.ca Office: 5545 Stanley Place, Halifax Nova Scotia B3K2

Nordic Pole Walking Groups

Next group walk:

CARP Nova Scotia Monthly Group Walks

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

Regularly Scheduled Group Walks

Most of these walks will resume when the pandemic regulations allow. Contact the organizers for accurate times.

-Bedford Waterfront. Every Tuesday 10-11 am. Meet at the washroom in Dewolfe Park. Senior friendly, walk at your own pace. Everyone is welcome; no charge. For more information contact: viamacdonald@gmail.com

-Halifax North West Trails Association Meet on Thursdays at 10 a.m. at Glen Garden on Glenforest Drive or at Bedford/Hammonds Plains Road Rec Centre on Tuesday or Friday at 1:30 (Call 902-490-7481 for locations). Both groups offer this free opportunity to walk or get out with your poles.

-Bedford West, Every Friday 10 a.m. - 11a.m. Walk and Talk, Northwood Bedford Campus (Ivany Place, 123 Gary Martin Dr, Bedford, NS. Senior friendly, walk at your own pace. Everyone is welcome; no charge. For more information contact: viamacdonald@gmail.com

Antigonish Library – 10 a.m. – 11 a.m. Tuesdays. Meet at the Library. For information contact 902-863-

Chester NS at the Our Health Centre 11 a.m. - 12:00 noon Weekly Walk – all invited to the walk with or without poles. For info contact Lorraine at the OHC 1-902-275-3847 or email lburch@ourhealthcentre.ca

-**Kingston Nova Scotia** – Wednesdays at 10 a.m. Meet Lynda Kane at the Kingston Village offices. Info contact rkanne@eastlink.ca

-**SMB (St Margaret's Bay) Trail** – Meets Monday & Wednesday at Silver Birches Rd. Take the Hubley exit off of Highway 103 west to exit 3, Hubley. At end of exit ramp off of highway, turn left and take the first left at Silver Birches Drive. The walkers' cars will be lined up on left side of the road just a few yards from the entrance to this road.

- **BLT (Beechville, Lakeside & Timberlea Trail)** On Fridays, this SMB group listed above meets at the Bike & Bean Coffee shop in St Margarets Bay at 9am to walk on the BLT (Beechville, Lakeside & Timberlea) Trail. Usually have at least 12 walkers April to November. Only deterred by heavy rain. Info: Shirley Blair at shirley.blair@eastlink.ca or Jean Harris at harrisjeandon@gmail.com Please contact them about joining the group (loaner poles are available if you do not have your own)

-**Wayfarer's Ale Society** – Wednesdays at 1 pm. meet at the brewery: 1116 Kars St, Port Williams, NS. Info: johnjmcneil@eastlink.ca

-**Lakeside Recreation Dept.** – for times contact 902 876 8812

-**Sheet Harbour Recreation Dept.** 902 885 2988

-**Cole Harbour Place** 902 464 5100

