

Registration

For session enquiries
or bookings please contact the
Community Rehabilitation Centre
58 McCrae St, Swan Hill
Phone: (03) 5033 9321

Our group facilitator will contact you before commencement of the course to discuss the course and confirm your place.



Where can you Nordic Walk?

- ◆ Along beaches
- ◆ Through nature reserves
- ◆ In parks
- ◆ On footpaths
- ◆ ANYWHERE

**WALK YOUR WAY TO
BETTER HEALTH**

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre

Address: 58 McCrae Street, Swan Hill

Phone: (03) 50 339 321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Nordic Walking

What is Nordic Walking?

Nordic Walking is a form of fitness walking using specially designed poles, and a learned technique, to produce a low impact, high results, and total body workout. The poles serve as a resistance exercise for the upper body, therefore increasing cardio output, which burns more calories and activates more muscles compared to normal walking.

It is important to find the type of exercise that is right for you. With Nordic Walking, you can work at your own pace, within your pain limits and abilities, therefore making it an attractive form of exercise.

How did it begin?

The concept of Nordic Walking established its roots in Scandinavia, when cross country skiers incorporated the poles into their summer training to maintain their upper body strength and fitness. Nordic Walking is rapidly becoming popular across the world and here in Australia.

What are the benefits?

- Improves health, mood, self esteem and quality of life
- Greater cardio-respiratory fitness
- Improves balance
- Burns more calories-20% more compared to regular walking
- Can reduce chronic neck and back pain
- Add variety to fitness training
- Improves gait and posture
- Reduces strain on the joints
- Improves co-ordination
- Engages all muscle groups
- Provides stability and aid for less confident walkers

Who can attend?

The course is designed for all ages, as long the participant can walk 100m unaided.

Those with chronic conditions, undergoing rehabilitation or anyone looking for recreational fitness may benefit.

A medical clearance from your Doctor may be required in some circumstances.

What is involved?

The course runs 1 hour each week for 6 weeks and involves an introduction and presentation on Nordic walking. In order to gain maximum benefit of the course, participants are encouraged to make a commitment to attend all sessions, as each week builds on the knowledge gained in the previous session.

Topics that are discussed include:

- The benefits of Nordic Walking
- The equipment required
- The basic technique
- Warming up effectively
- Importance of cooling down
- Up hills and down hills
- Double pole technique
- Drills for correction

Cost

Weekly participation is free of charge. An initial \$20 deposit is required to HIRE the poles for the duration of the course. \$10 will be refunded when poles are returned at the completion of the course.

