

## Nordic Walking Details

*Live to Nordic Walk ... Nordic Walk to live*

**Nordic walking activates more muscles and allows the body to propel forward with more strength and grace.** It began as a summer training exercise for serious “cross country” skiers. Fitness walkers in Europe adopted Nordic Walking as a time-efficient, low-stress, total body workout. Nordic Walking’s popularity is growing with walking clubs across the United States. Adding sunny-day Nordic Walking to cross-country skiing and snow shoeing through our beautiful landscape truly supports a healthy, year round lifestyle.

### What is Nordic Walking?

Nordic Walking is like cross-country skiing ... without the skis ... just the poles! No need to travel. Nordic walking can be done any time of the year in all weather conditions. It is for people of all ages and abilities.

Nordic Walking improves your stamina, stability, and posture, and lets you walk away from mental stress. You’ll burn more calories and enhance your heart’s health regardless of your walking pace.

### How does it help?

The benefits of Nordic Walking are:

- Improves posture
- Reduces stress on your knees and lower joints, and reduces heel strike
- Strengthens your upper body
- Burns more calories during your walk
- Pumps your cardio by increasing oxygen consumption
- Adapts distance and intensity to weather, terrain and your physical condition
- Inspires the magic of motion and improves the quality of life

### What do the locals say about Nordic Walking?

“It is easier to walk.”

“My posture is better.”

“I feel stable.”

“I feel muscles in my chest.”

“I feel my triceps muscles at work.”

### What should you bring and expect?

- It’s a good idea to bring water, but make sure it’s in a container so your hands are free.
- Wear good, comfortable, supportive walking shoes.
- Wear a hat and sunglasses.
- Dress in layers for changing temperatures.

Expect to:

- Walk AND stop to learn more about technical details.
- Drag the poles and release tension in the shoulders.
- Get a workout in the muscles of your upper back (Trapezius and Latissimus Dorsi), back of arms (Triceps) and chest (Pectoral).
- If you're wearing a heart rate monitor, expect your heart rate to be higher than usual with little extra effort.
- Walk further with ease, have straighter posture, and feel the stability to walk onward.

## Walk on!

Locations for Nordic Walking classes vary. See our monthly Class Schedule for details.

To attend a free 30-minute introductory Nordic Walking clinic, or purchase Nordic Walking pose and other gear, contact Carol Lee at You Can Do It!:

- **Email:** [CarolLee@youcandoitnow.net](mailto:CarolLee@youcandoitnow.net)
- **Phone:** 541-482-1887

To find out more about Nordic Walking and warm-up exercises, log on to:

- [www.LEKI.com](http://www.LEKI.com)

**Note:** The LEKI site even lets you watch an instructional video and download a log for recording your Nordic Walking activities.