

Nordic Walking

Embrace the power of poles!

It's good for people of all ages and fitness levels!

Get a gentle, full body workout!

Make new friends!

It can help people with mobility issues or long term health conditions.

 TRAVEL WELL



What is Nordic Walking?

Nordic Walking is walking with poles that are similar to ski poles or hiking poles. The poles help to push your body forwards, so you use power from both your arms and legs. The poles also help keep you upright, keep your movements symmetrical, and your body balanced.

Who can do it?

People of all ages and fitness levels can try Nordic Walking. The poles provide additional support, so it can be a really accessible exercise for people with mobility issues, long-term health conditions, or people who are starting out on their fitness journey.

Where can I do it?

You'll need an instructor to help you get the technique, then after that it's up to you! You can join a group, walk by yourself or with friends. The great thing is, you can Nordic walk anywhere!

Do I need special shoes and clothing?

No! You just need shoes and clothes that are comfortable to walk in. The only special equipment you need is the poles. Most Nordic Walking groups have poles you can borrow for the session and there are reasonably priced poles available to buy if you want to.

What are the benefits of Nordic Walking?



Nordic Walking is a low impact exercise, so it doesn't put too much stress on your joints and muscles.

Exercises like Nordic Walking can help to keep your brain healthy and improve cognitive function.



Physical activity like Nordic Walking releases endorphins, which help to reduce feelings of stress and increase feelings of wellbeing.



Nordic Walking can help to improve balance, core strength, coordination and posture.



Exercises like Nordic Walking can help to strengthen your heart and lungs, lower your blood pressure and reduce the risk of heart disease.



Nordic Walking can help you to connect with nature, which can help to boost your mood and reduce feelings of anxiety and stress.



Nordic Walking uses both arms and legs to give a gentle, low impact, full body workout at your pace.



Weight bearing exercises like Nordic Walking can help to maintain bone density and keep your bones and muscles strong.



Studies have shown that Nordic Walking can help people with long-term health conditions such as Parkinson's and diabetes to manage their symptoms.

Nordic Walking burns calories and can be used as part of an exercise plan to help manage your weight.



Being a member of a Nordic Walking group can give you a sense of belonging - you're part of something special!



Nordic Walking can help you to meet people. It's great to walk and talk!



Top Tips for Nordic Walking

Stay hydrated! Even slight dehydration can make you feel tired and give you muscle cramps.

Take healthy snacks If you're out for a while, a snack can help keep your energy levels up.

Take regular breaks A short rest can give you an energy boost and you have time to take in the view!

Layer up! Wear a few thin layers so you can easily adjust your temperature as you walk.

Wear comfortable clothes and shoes

Sturdy shoes with a supportive footbed can help to prevent foot pain. Women may find a sports bra more comfortable and supportive when Nordic Walking.

Stretch! Prevent aches and pains by stretching before and after you go for a walk - your muscles and joints will thank you later!

Choose your bag wisely. If you need to take a bag, a small rucksack can help to spread weight evenly across your back. Crossbody bags carry the weight on one side, which can affect your posture and lead to back pain.





TRAVEL WELL

Nordic Walking Sessions

Tuesdays: 11 am

Colwick Country Park – Mile End Road Car Park

Wednesdays: 1 pm

Strelley – Meet at the Broad Oak

Thursdays: 11 am

Bulwell – Ken Martin Leisure Centre

Thursdays: 1 pm

Colwick Country Park – Mile End Road Car Park

To book, see www.runspire-notts.com

What do our Nordic Walkers have to say?

“

I think it makes a big difference to your mental health so I really, really value it.

”

“

I'm definitely more active now. I'm doing a 5k a day challenge at the moment!

”

“

Give it a go and don't give up after one session... start to get to know people and settle in... everybody is really welcoming, really friendly, so go for it!

”



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