



Nordic walking: a unique way to work out

Walking is great for mind, body and soul. If you enjoy take a stroll outside, you might want to consider Nordic walking, a full body work out for all ages and fitness levels.

Nordic walking is a full-body exercise that's easy on joints and suitable for all ages and fitness levels. It is a unique form of exercise that provides health benefits for everyone, from those with multiple medical problems to the super fit.

It uses poles to enhance ordinary walking, and, if you get the technique right, it feels easier than normal walking, but with greater health benefits, so why not give it a go?

What is Nordic walking?

It was originally developed as a training technique for cross-country skiers in the summer months. The skiers realised that their upper and lower body was staying in great shape and that their cardiovascular fitness improved too.

Nordic walking uses specially designed walking poles that engage the arms as well as the legs when walking ensuring that you exercise all your major muscle groups. The poles also help to propel you along

so that you work harder than usual yet the support given by the poles makes it feel easier! When properly used, the poles take the weight off the knees and lower body joints making you feel lighter on your feet. This makes it suitable for people with joint conditions or who may be carrying some extra body weight.

What are the health benefits of Nordic walking?

Regular Nordic walking can lower your risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. It can also be used as part of a weight management plan.

So how do I Nordic walk?

You move in a similar way to ordinary walking and swing your arms from your shoulder with your elbows straight in a marching movement. To get the full benefits and avoid injury, you could start with lessons to get the basic technique.

For further information visit:
www.nordicwalking.co.uk





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