

INTRODUCTION TO NORDIC WALKING

Nordic Walking is a great way to get out and enjoy the countryside. Nordic walking will exercise just about all your body and you can make it as energetic as you want. Most importantly, Nordic walking is fun and enjoyable on your own and even better with friends.

Based loosely on cross country skiing, Nordic walking originated as a means of summer training for cross country skiing enthusiasts.

Nordic walking is a more dynamic form of walking. Actively using poles means you are using nearly 90% of your muscles and burning about 40-50% more calories than when walking without poles. If you are short of time or need to help hips, knees or ankles this is a fun actively to try, you'll find over time that you'll even tone up lots of muscles.

Nordic walking is great for releasing tension in the neck and shoulders and has been shown to be really beneficial for repetitive strain injuries and back problems.

Why Nordic Walking?

Walk by yourself, or walk with friends, even if you have different fitness levels; Nordic Walking is one of the most sociable and effective exercise techniques around. From the social walker enjoying the outdoors with others, to the elite athlete needing sports specific cross training, Nordic Walking is suitable for just about everyone.

Originating from summer training for cross-country skiers, Nordic Walking works your upper and lower body at the same time, strengthening your back, legs and arms, and reducing neck and shoulder tension - all this while improving the health of your heart and lungs. And you can gain all these health benefits and more, while Nordic Walking with your friends; exercise intensity is determined by upper body effort so people of differing fitness levels can walk and talk together, while working to their own level with Nordic Walking.

Burn 20% more calories than in normal walking!

When Nordic Walking you use your legs, your arms, the rear part of your shoulders, and your chest and back muscles. Using more muscles in Nordic Walking means on average you *burn up to 20% more calories* than in normal walking *at the same walking speed*. Although you are using more muscles and doing more exercise, the effort is spread across your whole body and, therefore, *Nordic Walking can actually feel easier and less tiring than normal walking!*

Reduce back, neck and shoulder pain

Sitting down for most of the day, whether at home, in the car or at the office, often leads to back pain, and neck and shoulder tension. Good Nordic Walking technique increases the rotation of the spine over normal walking, strengthening the spinal discs and *reducing the incidence of back pain*.

Using Nordic Walking poles strengthens the large muscles of the back that pull down the shoulder blades, *significantly reducing neck and shoulder tension*. Some Nordic Walking poles, such as Exel, have specially designed straps (different from normal walking poles), which allow you to release the grip as you push forward. With good Nordic Walking techniques squeezing and releasing the grip through the stride strengthens the muscles of the wrist and this *can reduce symptoms of RSI (repetitive strain injury)*. When Nordic Walking, the increased use of the upper body *reduces the load on your knees*, allowing you to exercise with much more comfort than normal walking or jogging.

INTRODUCTORY NORDIC WALKING COURSES

These introductory sessions are half day (3-4 hours) long and cover the basic principles of Nordic Walking.

2009 Dates	Location
July 26	Stirling (King's Park)
August 22	Glasgow (Pollock Park)
September 5	Falkirk (Callendar Park)
October 3	Perth (Inches)
October 25	Stirling (King's Park)
November 21	Edinburgh (Bavelaw)
December 6	Glasgow (Pollock Park)

Price: £25 - including the use of Nordic Walking poles.
Let us know your height when you book.

Rendezvous is at the course location. The exact meeting place and time will be advised when you book. The course terrain is on undulating tracks, paths and open grassy areas.

What to bring / wear:

You will need to wear comfortable trainers with a good grip. Bring a waterproof jacket / trousers with you also if the weather forecast is not good. We recommend having a bottle of water available.

NORDIC WALKING MIN-TREKS

Now that there is a number of you out there who have picked up the basics, here are some opportunities to extend yourself a wee bit on a journey with varying terrain and changing scenery. It's a chance to revise as well and top up your technique. These sessions will last about 5 hours but this includes a lunch break.

2009 Dates	Location
August 23	Drymen Circuit
September 6	Bochastle / Loch Lubnaig
October 11	Aberfoyle Circuit
October 31	Logie Kirk / Dumyat Area

Price: £25 – including the use of Nordic Walking poles.
Let us know your height when you book.

What to bring / wear:

In addition to the equipment in the introductory course list, please bring a spare warm top and food for lunch. In the colder weather a pair of gloves and a warm hat would be advantageous. It would be good to carry all your spare things in a wee rucksack or a bum bag.

Instructor:

A qualified Nordic Walking Instructor is in charge of all courses. There will be a maximum of 10 participants per instructor in any one group.

Additional Courses:

Further introductory courses are available for individuals or groups at times to suit. In addition intermediate and advanced Nordic Walking sessions and other mini-treks or multi-day events are available by arrangement.

Check out our website www.cndoscotland.com for additional courses and dates during the year.

How to Book:

- 🖥 Online using our secure server
- ☎ Telephone (if paying by credit or debit card)

Single Day Sessions:

Full payment is required at the time of booking. In the event of cancellation by you, a full refund will only be made if 5 or more working days notice before the event is given. If C-N-Do has to cancel, a full refund will be made.

Multi Day Sessions:

Early booking is essential to guarantee accommodation. Full payment is required at the time of booking. Our full holiday conditions apply (ask for a copy prior to booking). Travel insurance is strongly recommended.

Payment Methods:

- Cheque / postal order payable to C-N-Do Scotland Ltd
- Visa / MasterCard credit cards - 1% surcharge if over £50
- Maestro (Switch) / Visa Debit (Delta) debit cards

Discount Offers:

- Book and pay for 3 single day sessions at once – 5% off
- Book 3 people on the same session at one time – 5% off

Cannot be used in conjunction with any other offer.

Group Bookings / Alternative Dates:

Group and private tuition is available at mutually convenient times and locations. So if these dates or locations don't suit please do get in touch to discuss alternative options. We are happy to travel anywhere in the Central belt / Ayrshire / Perthshire area. Please contact us on 01786 445703 or admin@cndoscotland.com

Buying Nordic Walking Poles:

C-N-Do is a stockist of Leki Nordic walking poles. Check out our website for the range on offer, or pop in to our shop at the address below. We are pleased to offer a 10% discount to participants on our courses.

Participation Statement:

Outdoor activities are potentially hazardous, and although C-N-Do Scotland takes due care to minimise risk to client, a certain level of responsibility must fall on each participant for his/her own personal safety in the outdoors. In addition, it is your responsibility to dress appropriately, to inform the leader if concerned about any situation during the activity, or of any personal medical or health condition, which may be affected by being active, and to abide by the instructions of the leader during the course of the activity. We reserve the right to alter activities and locations for reasons of weather, safety or local access situations.

Prices:

Prices shown include VAT at 15%.



NORDIC WALKING

with C-N-Do

2010

July to December



www.cndoscotland.com

+44 (0) 1786 445703

© C-N-Do Scotland
33, STEP, Stirling, FK7 7RP.
Tel/Fax: +44 (0) 1786 445703
Web: www.cndoscotland.com
Email: admin@cndoscotland.com



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