

Nordic Pole Walking Comox Valley

...the smarter Way to Walk



Hello

Welcome to spring 2020 & a changed world all of a sudden....

It's been awhile since my last Nordic Pole Walking (NPW) Newsletter.

Many of you on this e-newsletter list have either participated in my NPW classes through the Courtenay Recreation Centre, have taken Learn-to-NPW clinics, have expressed an interest for more info, or have taken one of my other workshops.

During these unsettling days, where social distancing has become the necessity, I'm connecting with our Comox Valley Nordic pole walking community to support you in your ongoing journey to better health and wellness.

In the past I've limited my NPW e-newsletter mailings to three times a year. However, over the last 18 months my focus has been elsewhere, away from the valley's NPW program, to spend time with my mother in Ottawa.

Anyone who knows someone or has a parent with Alzheimer's, it can be especially challenging when you don't live nearby. I spent most of last spring and summer in Ottawa, and am grateful for the time I was able to be there with Mom - right up to the end, two days shy of her 93rd birthday. She lived a good life, and had family around her when she passed.

She was also "one tough cookie", and was determined to walk on her own, almost to up the end - even though I tried introducing her to NPW - she remained firm that it was just for old people, and she wasn't there yet, lol.

So I'm back home now for awhile, as many of you are hopefully.

With our indoor public spaces, and now many of our outdoor public spaces closed, recreation/fitness programs included, Nordic pole walking in the fresh air is still a fitness option.

I encourage you to dust off your Nordic poles and get outside. The coming of spring means longer daylight and warmer temperatures. And here in the Comox Valley we are blessed with numerous outdoor spaces and parks to explore.

I saw on Facebook recently the following quote, "our great /grandparents"

generation were called to go to war, we are asked to stay home and sit on our couch". I would alter that to say " stay close to home but keep on Nordic pole walking, while practicing social/physical distancing". Your poles can also help keep you in a 6'+ safety zone :).

You can still encourage/challenge a neighbour, friend or family member to get out as well, track your steps, and have a friendly competition via Facebook, phone, email, etc.

I have attached links below to the NPW Comox Valley website for handouts from my classes and clinics on the NPW technique, warm up exercises you can do with your poles, and a PDF highlighting many of our regional walking trails.

It can be paralyzing listening to the 24/7 stream of news these days, so grab those poles and get outside. It's time to refocus on what's important and remember what life has to offer - friends, community, where we live, our ability to rebound and overcome adversity together.

Links of interest:

- [NPW Intro & Warm-up Exercises](#)
- [Comox Valley Walking Trails](#)

NPW classes and clinic are temporarily postponed until further notice.

However, you can stay in touch via our Facebook page. I will be starting to post more tips and notes re staying active during these extraordinary times.

Need new rubber tips, poles, etc.? You can call me at: 250-897-0654 or [email me](#) to arrange for drop off or pick up.

In the meantime, stay safe & healthy

Warmest regards - Catherine

[*International Overview on Clinical & Scientific Studies on Nordic Pole Walking General Studies:*](#)

Check out this link of research studies on the health benefits of Nordic Pole Walking

Nordic Poles, Classes, Gift Certificates, Accessories Available

Nordixx Traveller Poles (\$91)

Get in your Zone....



Practice your social distancing outdoors while you're Nordic pole walking :)

For fitness walking, and also ideal poles for travelers.

- Fits in a normal suitcase/sports bag.
- (70cm/27.56" - 140cm/55.12")
- No problems with Check-In or Security when traveling by airplane.
- Shaft: Alu 6061/7075
- Grip: EVA sweat absorbing coating
- Hand Loops: New detachable Nordixx Cool-Max Comfort hand loops.
- Easy click - "Free Hand" - System
- Pole Tips: Off Road = Carbide steel tip
- On Road = Marathon Rubber tips, removable
- Custom design by Nordixx Pole Walking Canada Inc
- Pole Bag for easy store and transport complementary
- Manufactured under German Quality & Safety Agency (TUV)
- **Gift Certificates** for an INTRO Small Group Lesson or a Private Lessons. Consider giving the gift of fitness & health. Contact me (250) 897-0654 or cegan10@telus.net to set this up."Last spring I saw the results of this gift. People who had certificates came to class and said they never would have tried it but they felt an obligation to use the gift. Then they fell in love with pole walking!"
-
- **Nordixx Fanny Packs** (\$20) - The fanny pack is great to hold your keys, water bottle, cell phone, and you can even slip your dog leash strap through the belt, and take yourself and your dog for a walk at the same time :).
- **Rubber Tips** (\$10) - Replacement rubber feet for the avid pole walker or wannabee.
- **Snowbaskets** (\$10) - Now available - take your Nordic poles snowshoeing

(If you do not want to receive this newsletter on health, wellness and fitness, you can unsubscribe below.)

Visit our website
NordicPoleWalkingComoxValley.com

Catherine Egan, B.P.E., M.A. | Nordic Pole Walking Comox Valley | Cell: 250-897-0654
Email | Website

STAY CONNECTED:

[NPWCV Facebook Page](#)

