

Nordic Pole Walking

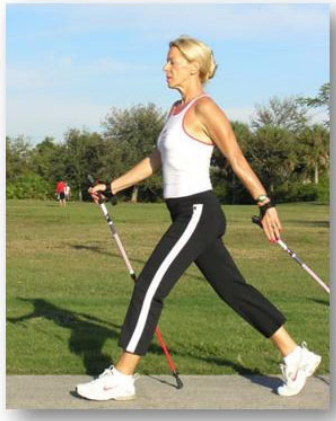
Health Benefits of Nordic Pole Walking:

- Burns 46% more calories over just walking without poles
- Uses 90% of the muscles in the body - upper and lower body muscle groups
- Improves endurance, mobility and posture
- Low impact on hip, knee and ankle joints
- Positive effect on cholesterol, blood pressure, bone density
- Enhances stability, coordination and balance
- Reduces stress, impact positively on mood
- Takes advantage of the fresh outdoors and nature
- Can do it all year round and at any age.

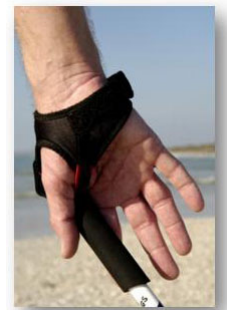
Over 350 research studies on the health benefits of NPW including:

- Diabetes Type 2: Improves metabolism, reduces insulin resistance and reduces medication instantly. (*M.Nischwitz et.al. 2006*)
- High Blood Pressure: Reduces High Blood Pressure by 18mmHg within eight weeks. (*Ishikawa et.al. 1999; C.Diehm, 2007*)
- Eliminates Neck, Shoulder, Back Pain (*Schloemmer, 2005*)
- Improves Posture (*Koskinen et al. 2003*)
- Increases "Positive" Hormones (*R.M.Katz et.al 1992*)
- Reduction of Stress, Mental Disorders (*Mommert-Jauch 2003*)
- Helps in the recovery time for Breast Cancer Survivors (*L.K.Sprod et.al., 2005*)

Why is Nordic Pole Walking such an effective exercise?



- NPW incorporates the upper body muscles and 50% of our muscles are located above the belt line.
- The correct pole walking technique allows for muscle contraction and relaxation with each stride due to specialized wrist straps and extension of the arms.



Calorie Burning Rates per Hour of Activity:

- | | |
|------------------------------|----------------------|
| • Slow Jogging | 280kcal |
| • Walking | 240kcal |
| • Stationary Bicycle | 210kcal |
| • Swimming | 330kcal |
| • Aerobics | 440kcal |
| • Nordic Pole Walking | 600 – 900kcal |

Nordixx Walking Poles & Accessories
available for sale: (Poles • \$91 incl. tax)

Catherine Egan, B.P.E., M.A.
250-334-1086 • Cell: 250-897-0654
www.NordicPoleWalkingComoxValley.com

LEARN TO NORDIC POLE WALK - 6 BASIC STEPS

Pole Walking is walking with poles – Nordic pole walking is a specific pole walking technique.

FIRST: Set up basic walking foundation (let go of poles and let them drag!)

1. POSTURE: Look at the horizon.
2. FEET: Speed, not too fast, not too slow, just right for you.
Stride length, land gently on mid-sole, not hard heel strike.
To shorten stride, say “try shortening stride by 1 inch.”
3. ARMS: Let arms swing naturally, and find harmony with feet.
Swing arms from shoulder joint.
Straight arm for most people, “welded” c-shape arm for more support of knees, feet, hips.
Arm swing position: 30% in front of side mid-line and 70% behind side mid-line.

SECOND: Adding poling technique

4. HANDS: Hands in “power position” as if doing push-up.
Thumb and first finger lightly squeeze handle.
Other fingers relaxed and off the handle.
(In later lesson, one learns to let hands push & relax).
5. BOOT GRIP: If steps 1-4 done correctly, boot/tip must grip surface.
Recheck and adjust pole length if necessary.
6. PROPELL: Push heel of hand straight down on strap to keep boot engaged as arms swing to the back.
It’s like firming stroking a dog’s back to tail.
Accelerate arm swing towards the back.
(In later lesson, one learns to extend the lower arm, hand, and fingers all the way to the back, and then relax, and quickly recover to start position of arm swing. Thus makes the boot lift itself gracefully off the ground).

It takes discipline, practice and back muscle strength to get all 6 steps work smoothly together. But it’s worth it. The feeling of harmony and ease is addictive!

Warm-up Exercises for Nordic Pole Walking

Nordic Walking means exercising in a natural environment, breathing in fresh air and moving over varied terrain. Warm up and stretching should become an integral part of each training session. After returning from your Nordic Walking we recommend warming down with a few stretching exercises involving all the main muscle groups.

Always stretch gradually, avoiding sudden jerking. Hold each stretch for at least 30 seconds, increasing the degree of stretch as the muscle allows. Relax the stretch gradually and then repeat.

1) FORWARD AND BACK SQUATS THIGHS AND GLUTES

Stand with feet apart at shoulder width and with knees and toes facing forwards.

Hold the pole with knuckles facing forward on your shoulders behind your head or in front of you at shoulder height.

Squat down at an angle of about 90 degrees (heels on the ground) and straighten up again.

You can add a push up on the pole straightening your arms either as you squat down or as you straighten up.



2) STEP SQUAT THIGHS AND GLUTES

Stand with feet apart at shoulder width and with knees and toes facing forwards.

Hold the pole with knuckles facing forward on your shoulders behind your head, in front of you at shoulder height or as a support at the side of the body.

Take a long step forward and with the same leg push back up to the original position.

You can add a push up on the pole either as you go into the squat or straighten out from it.

You can perform the same movement without the push up but using the poles as support.



3) STANDING PUSH UPS • SHOULDERS

Stand with feet apart at shoulder width and with knees and toes facing forwards.

Hold the pole with knuckles facing forward straight out in front of you at shoulder height.

Raise the pole until it is above your head keeping the arms straight the whole time.

Lower the pole back to shoulder height. You can also push up behind the neck and rise up slightly on your toes at the end of the push up.

4) STRAIGHT BACK SQUATS • GENERAL EXERCISE FOR THE WHOLE BODY

Stand with feet apart at shoulder width and with knees and toes facing forwards.

Hold the pole with knuckles facing forward above your head with straight arms and hands well apart.

Keeping a straight back squat down to about 90 degrees or lower while keeping the gaze directed straight ahead, then straighten up again.

The pole moves in a straight line up and down within the body's area of balance (toes-heels).

5) JAVELIN TWIST • NECK AND SHOULDERS

Stand with feet apart at shoulder width and with knees and toes facing forwards.

Grasp the pole with knuckles facing forward and hands wide apart and bring the pole in front of your pelvis.

With one hand leading the movement move the pole behind your back.

Return to the basic position with the other hand leading the way.

Keep the arms straight throughout.



6) SHOULDER FLEX • NECK AND SHOULDERS

Stand with feet apart at shoulder width and with knees and toes facing forwards.
Hold the pole with straight arms and hands apart at shoulder width in front of the pelvis.
Lift the arms up by flexing the shoulders, hold for a moment then return to the basic position.



7) UPPER TORSO TWIST • STOMACH MUSCLES

Stand with feet apart at shoulder width and with knees and toes facing forwards.
Hold the pole behind the shoulders with hands relaxed on top of it.
Twist the mid-torso by bringing either end of the pole forward alternately.
Keep your gaze fixed straight ahead throughout.



8) STRETCHING IN STEP SQUATS • FRONT OF THIGHS AND HIP EXTENSORS

Stand with feet apart at shoulder width and with knees and toes facing forwards.
Hold the poles as supports by the side of the body.
Step forward with one leg.
Keep the leg straight and gaze directed upward and gently push the hips down towards the ground.
Repeat on the other leg.



9) FORWARD BOW • BACK OF THIGHS AND CALVES

Stand with feet apart at shoulder width and with knees and toes facing forwards.
Bring one leg slightly forward and at the same time lean on the poles.
Push the upper torso forward with straight back and forward leg straight at the knee.
You can also hold the poles with straight arms low down in front of you.



info from the Nordic Walking USA pdf



What are my fitness goals?

- To have more energy, vitality and endurance
- To lose weight
- To lose inches and / or have improved muscle tone
- To look better
- All of the all.

My Maximum Heart Rate Frequency (HFmax) is:

220 - my age _____ = _____

Beginners Level Range: 55% - 65% of HFmax = _____

Fat Burning Range: 65% - 75% of HFmax = _____

High Performance Range: 75% - 85+% of HFmax = _____

Exercise training in Nordic Pole Walking

= increased / varied distance and / or pace and elevation