

The Benefits of Nordic Walking

Walking with poles can benefit everyone no matter the age or fitness. I have been teaching Nordic Walking for 20 years and believe that the technique has saved my knees and allows me to continue my hill walking career.

What I particularly feel people benefit from is the extra use of muscles which we might not ordinarily use i.e. in the shoulders and the improved posture we get from using poles. The poles also spreads body weight more evenly, reducing pressure on knees and joints. Nordic Walking is truly for all age groups of all levels of fitness.

Of course “walking with poles” and being “trained” to walk with poles is a massive difference once you are taught how to use them and encouraged to think of your body movements you will reap so many benefits

The Benefits

In the same time you might otherwise just walk - and with little or no additional perceived effort you can simultaneously:

Strengthen abdominal, back, arm, shoulder, chest, leg and all “core” muscles (without separate weight or resistance training!)

- Burn 20-50% more calories
- Improve cardiovascular fitness
- Increase overall stamina and muscle endurance
- Improve lymph system function and boost your immune system
- Reduce pain and injury-causing stress on hips, knees and feet
- Help maintain overall bone density
- Maintain joint health and range of motion
- Improve both your posture and balance
- Enhance both your energy and mood
- Experience a safe, fun and convenient “good use” total body exercise

If thats not convincing you to give it a go then go to the big wide web and do your own research !