

# WHAT IS NORDIC WALKING?

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Nordic walking is a simple, low impact exercise that was often used for cross-country ski training in the off-season and has now become a highly popular exercise across the world. Nordic walking mimics the motion of cross-country skiing by using poles to push yourself as you walk along trails and roadways. It is a full body, cardiovascular exercise that uses both lower and upper body muscles. The lower body gets the benefits of traditional walking and the poles work the upper body.

The work is being shared by so many major muscles including your core muscles, back, arm, shoulder, chest, and legs that you feel like you are working less, while accomplishing so much more!

Nordic walking is suitable for all fitness levels and all ages and can be done anywhere from hiking trails to roads and parks.

## BENEFITS TO NORDIC WALKING:

- Improve cardiovascular fitness
- Reduce pain and risk of injury
- Increase your overall stamina and muscle endurance
- Burn 20-50% more calories
- Maintain joint health and range of motion
- Engaging 80-90% of your muscles as opposed to 50% with regular walking

## COME OUT AND JOIN US!

**Every Monday & Friday from 11:00am-12:00pm**

**Meet at the Magnetawan Lions Pavilion**

**\*Poles are provided**

