



# NORDIC WALKING NORTH AMERICA

## EVERYTHING YOU NEED TO KNOW ABOUT NORDIC WALKING



### CLASS

**Outdoor Adventures: Nordic Walking** *Presented by Malin Svensson and Gary Johnson (NWNNA)*

I'm excited to present a solution to the "I don't have time to exercise" dilemma. Nordic Walking offers a full-body workout from the moment you step outside your front door. The days of taking time to drive to exercise are over. This walking workout with poles increases endurance strengthens the upper and lower body and it takes stress off the ankle, knee and hip joints.

DATE	TIME	LOCATION
Saturday January 28	8am-9:30am	Room 406A
Sunday January 29	2:45pm-4:15pm	Room 406A

### PREPARATION

We will do parts of this class indoors. Dress comfortable for walking and be prepared to go outdoors. You need your hands free to hold onto the poles 😊

## **OUTLINE: 90 minutes**

- Introduction of the presenters (5 minutes)
- Introduction of the participants (10 minutes)
  - Name
  - City, State
  - What interests you about Nordic Walking?
- LEKI Nordic Walking Poles (10 minutes)
  - Correct size
  - How to strap in
  - Asphalt Paw points in the right direction
- Participants try out the poles without instructions ( 3 minutes)
- Demo of why we need poles (as seen on TV (2 minutes)  
<http://www.youtube.com/watch?v=k36O4snmwGI>)
- Learn basic Nordic Walking indoors (15 minutes)
- Experience Basic Nordic Walking outdoors (30 minutes)
  - Malin and Gary will give feedback on your technique
- Nordic Walking Benefits (15 minutes)
  - Solution to the “I don’t have time to exercise” dilemma.
  - Full-body workout from the moment you step outside your front door.
  - The days of taking time to drive to exercise are over.
  - Increases endurance, strengthens the upper and lower body and it takes stress off the ankle, knee and hip joints.
  - Any age and any fitness levels can enjoy Nordic Walking.
  - How a wide range of target groups can benefit from Nordic Walking.
  - Question to the participants – how do you see Nordic Walking can fit into your life?

## AFTER CLASS

Please visit our booth#1003 for specials on poles as well as educational products and services providing ACE CEU 1.3



[www.NordicWalkingna.com](http://www.NordicWalkingna.com)

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