



NORDIC WALKING **NORTH AMERICA**

EVERYTHING YOU NEED TO KNOW ABOUT WALKING AND NORDIC WALKING



CLASS

So you think you can walk? *Presented by Malin Svensson and Gary Johnson (Nwana)*

Nordic Walking is an enhancement of regular walking. First learn some simple steps in regular walking to majorly improve your Nordic Walking technique. Then you will be ready to try out Malin's walking workout featured in the April 2010 issue of *Fitness* magazine. As presented in her book *Outdoor Adventures: Nordic Walking* (Human Kinetics May 2009), this specific session is *without poles*.

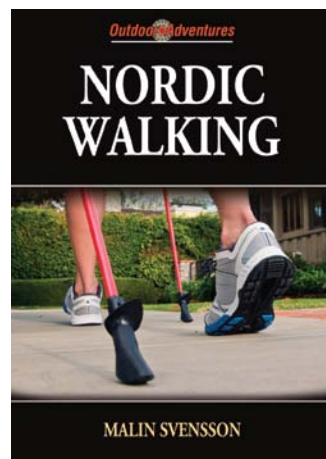
DATE	TIME	LOCATION
Saturday January 28	1:00pm-2:30pm (90 minutes)	Room 406A
Sunday January 29	11:30-12:30pm (60 minutes)	Room 406A

PREPARATION

We will do parts of this class indoors. Dress comfortable for walking and be prepared to go outdoors.

OUTLINE: 60 - 90 minutes

- Introduction of the presenters (5 minutes)
- Introduction of the participants (10 minutes)
 1. Name
 2. City, State
 3. What interests you about Walking?
- Learn 10 simple steps in regular walking to majorly improve your Nordic Walking technique. As presented in Malin's book *Outdoor Adventures: Nordic Walking* (Human Kinetics May 2009): (20 minutes)
 1. Heel Strikes First
 2. Rock and Roll Like a Rocker
 3. Heel Comes Off the Ground
 4. Push Off With the Ball of the Foot
 5. Activate the Buttocks
 6. Fall (Lean) Forward
 7. Arm Meets opposite Leg
 8. Use an Even and Straight Arm Swing
 9. Slightly twist the Rib Cage
 10. Walking in Balance



- Malin's walking workout featured in the April 2010 issue of *Fitness* magazine. (20-45 minutes)



INDOORS:

Practice the 6 different movements indoors and make it part of your warm up prior to your walking workout outdoors. These 6 movements will be used as intervals in your regular walking workout.

1. Heel Walk
2. Toe Walk
3. Balance Walk
4. Groucho Walk
5. Trunk twist
6. Cat Walk

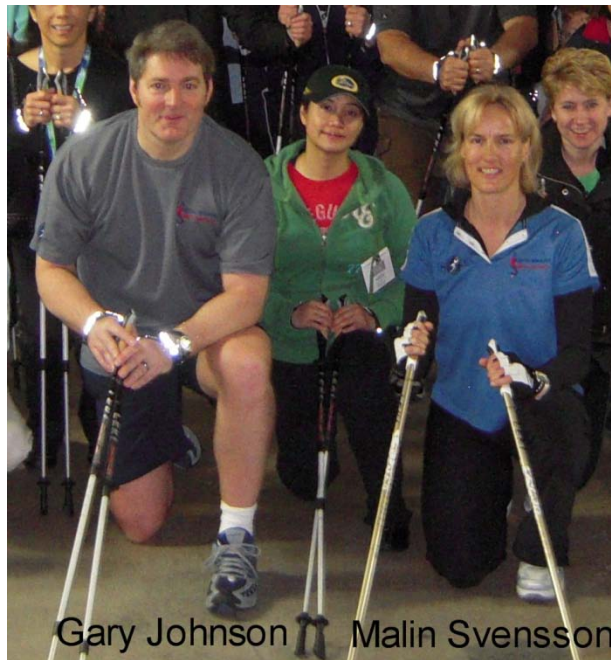
OUTDOORS:

- START Walk 3-5 minutes *slow to moderate speed*. Gradually increase the speed.
- Walking workout (30 minutes)
 1. 1 minute of Heel Walk at a *fast pace*
 2. 4 minutes of regular walking at *moderate to fast pace*. Integrate what you learned from the Heel Walk
 3. Repeat this with the other 5 intervals (Toe Walk, Balance Walk, Groucho Walk, Trunk Twist and Cat Walk)
- END Walk 3-5 minutes *moderate to slow speed*. Gradually decrease the speed.
- STRETCH – you can find a stretching routine on page 31 in the Nordic Walking book by Malin Svensson. For more info see www.nordicbody.com and click under products.

- Q & A (5 -10minutes)

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

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WALK YOUR WAY SLIM WORKOUT By Malin Svensson, Nordic Body Inc.

Hi this is Malin Svensson at Nordic Body. I created **THE WALK YOUR WAY SLIM WORKOUT** for Fitness Magazine in April 2010 issue and I would like to share it with you. It will burn more calories than your regular walking workout and it will shape your legs, butt, core and arms. And as a bonus you will also improve your gait to promote balance in your muscles and to prevent injuries. At Nordic Body we build sexy and strong bodies that will function and last you a lifetime.

Here is how it works in 5 steps:

1. Download the article to see the photos. Go to my website www.nordicbody.com and click on the cover of Fitness magazine April 2010.
2. On page 85, 86 and 87 you will see 6 movements:
 - a. Heel Walk
 - b. Toe Walk
 - c. Balance Walk
 - d. Groucho Walk
 - e. Trunk twist
 - f. Cat WalkThese 6 movements will be used as intervals in your regular walking workout.
3. Practice the 6 different movements indoors and make it part of your warm up prior to your walking workout outdoors.
4. Dress comfortably for the physical activity of walking and appropriately for the weather and wear good walking shoes. At all times keep a good form: active core, conscious alignment and optimal posture.
5. Go outdoors and do the **Walk Your Way Slim Workout**
 - a. START Walk 3-5 minutes *slow to moderate speed*. Gradually increase the speed.
 - b. Walking workout (30 minutes)
 - i. 1 minute of Heel Walk at a *fast pace*
 - ii. 4 minutes of regular walking at *moderate to fast pace*. Integrate what you learned from the Heel Walk
 - iii. Repeat this with the other 5 intervals (Toe Walk, Balance Walk, Groucho Walk, Trunk twist and Cat Walk)
 - c. END Walk 3-5 minutes *moderate to slow speed*. Gradually decrease the speed.
 - d. Stretch – you can find a stretching routine on page 31 in the Nordic Walking book by Malin Svensson. For more info see www.nordicbody.com and click under products.