

Nordic Walking is one of Europe's fastest growing forms of physical activity and is particularly suited for people aged 50+. You walk using a pair of lightweight, specially designed poles that provide great support while also increasing the effectiveness of the exercise.

It is great fun and social activity, and being out in the fresh air is good for you too. Many people enjoy these aspects of the programme, as well as feeling the many physical and mental benefits.

Age Cymru has a number of volunteer instructors and walk leaders delivering courses, taster sessions and regular Nordic walks in many areas around Wales so why not join us and give it a try?



The benefits of Nordic Walking

This is a great activity suitable for most people of all ages and fitness levels.

Exercise 90% of your muscles

Nordic Walking uses lots of different muscle groups.



The muscles most actively involved are obviously those in the legs, but also arms, shoulders, chest and back.

Burn 20% more calories than ordinary walking at the same speed

With Nordic Walking you can burn up to 400 calories per hour compared to 280 per hour for normal walking.

Exercise more with less effort

Nordic Walking feels less tiring than normal walking. Therefore you feel comfortable but are actually exercising harder yet will still be able to walk for longer. This makes it an ideal activity for people who are unable to walk quickly.

Molly, who is 73 years old, recently attended a Nordic Walking course.

“Nordic Walking is a great fun activity, everyone on the course was really friendly. It was great to get out of the house meet some new people and make some new friends. We even went for coffee after our walks.

I really enjoyed the course and found that my technique improved each week.

My hips and back are greatly improved and I can feel the benefits to my heart and lungs. My breathing is much better and I am walking much more upright, for longer periods, with more confidence and with better balance too. I also have much more energy to do my day to day things.

You also always feel safe because you're with an experienced instructor. Even my friend who doesn't 'do exercise' is now eager to start as she has seen such an improvement in me and I look forward to joining a Nordic Walking group.”

Check with your Doctor

We recommend that you check with your doctor before you begin any new form of exercise.

This leaflet is available in Welsh, for further information on Nordic Walking in Wales please contact the Nordic Walking team on **029 2043 1555** or **email: nordicwalking@agecymru.org.uk**
www.agecymru.org.uk/nordicwalking

Other useful contacts:

Lets Walk Cymru provide information to help find a walking group in your community. Useful resource for information about the health benefits of walking.
Tel: 029 2033 8357 **www.lets-walk-cymru.org.uk**



British Nordic Walking

The Age Cymru Nordic Walking programme works in partnership with British Nordic Walking as part of the International Nordic Walking Federation.

Tel: 08453011347

www.britishnordicwalking.org.uk



For information on Nordic Walking in your local area contact:

Age Cymru 029 2043 1555
nordicwalking@agecymru.org.uk
www.agecymru.org.uk/nordicwalking



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Nordic Walking

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www.agecymru.org.uk

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