

Nordic Walking

A gentle-on-the-body workout suitable for many fitness levels

ABOUT NORDIC WALKING

Nordic Walking is a style of walking that uses specially designed poles and a simple technique to engage both the upper and lower body. Originally developed in Scandinavia as off-season training for cross-country skiers, it has grown into a popular activity worldwide. By involving the arms, shoulders and core as well as the legs, Nordic Walking turns a familiar activity into a full-body workout that is gentle on the body and suitable for many fitness levels.

WHO CAN NORDIC WALK?

Nordic Walking is suitable for adults of all ages and a wide range of abilities. It can be enjoyed by:

- people new to exercise
- those returning to activity after illness or injury
- individuals managing long-term health conditions
- older adults wanting to stay active and independent
- people looking for a more effective alternative to regular walking.

Participants should be able to walk short distances independently. In some cases, medical clearance may be recommended before starting.

HEALTH AND FITNESS BENEFITS

When performed with correct technique, Nordic Walking offers many physical and mental health benefits, including:

- improved cardiovascular fitness
- greater calorie burn compared to normal walking
- strengthening of the upper body, core and legs
- improved posture, balance and coordination
- reduced impact through hips, knees and ankles
- increased walking confidence and stability
- reduced muscle tension in the neck and shoulders
- positive effects on mood, stress levels and overall wellbeing.

Because intensity can be easily adjusted, participants can work at a pace that suits their own comfort and goals.



WHERE TO NORDIC WALK

Nordic Walking can be done almost anywhere you would normally walk. Popular locations include:

- local parks and shared paths
- footpaths and streetscapes
- bush tracks and nature reserves
- river, lake or coastal paths.

There is no need for specialised facilities — making it an accessible and flexible activity.

NORDIC WALKING EQUIPMENT

Nordic Walking uses purpose-built poles designed to support correct movement. These differ from trekking or hiking poles and include:

- ergonomic hand grips and wrist straps
- lightweight, strong pole shafts
- tips designed for different walking surfaces.

Using correctly sized poles and learning proper technique is important to gain maximum benefit and reduce the risk of strain.

COSTS

There are no costs to Nordic Walking with Dhelkaya Health. Poles are provided by Dhelkaya Health.

CONTACT US

Melodie Cameron

Community Health Nurse - Living Well

E. mcameron@castlemainehealth.org.au

T. 0438 062 658