

events

ABERDEENSHIRE

2008



Nordic Walking for Health & Fitness

Want to get fit and healthy in the woods? Come and join us on this series of walks throughout 2008. Nordic Walking is a very popular activity in Scandinavia when there is no snow!

Burn 20% more calories than in normal walking. When Nordic walking you use your legs, your arms, the rear part of your shoulders, and your chest and back muscles. Using more muscles in Nordic Walking means on average you burn 20% more calories than in normal walking at the same walking speed* ,

but that's not all: Although you are using more muscles and doing more exercise, the effort is spread across your whole body and, therefore, Nordic Walking can actually feel easier and less tiring than normal walking!*

*Research Quarterly for Exercise and Sport. 73 (3), 296-300. September 2002

Come and try the benefits for yourself. Over the next six weeks, you will learn the technique, while enjoying a social walk in the outdoors. All levels of physical ability are catered for under the guidance of trained Nordic UK Leaders.



FOREST	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Countesswells	*12.00-13.00	*12.00-13.00	*18.30-19.30	*10.00-12.00
Kirkhill		18.30-19.30		
* Kirkhill	15 & 22 April	16 & 23 April	17 & 24 April	18 & 25 April

- Note:**
- Countesswells will be closed for 2-3 weeks from Monday 14th April.
 - All sessions will be held at Kirkhill Forest during the closure.
 - There will be no daytime walks w/c 12th May 2008

MEET IN THE CAR PARK

- Cost:**
- £15.00 per block (6 sessions) or £3.00 per session. Cheques payable to **Aberdeenshire Council**
 - Price includes tuition and pole hire.
 - Additional weekend walks, details and prices on request.

ALL SESSIONS MUST BE BOOKED IN ADVANCE

Forestry Commission Scotland
Aberdeenshire Forest District,
Ordiquhill, Portsoy Road,
Aberdeenshire, AB54 4SJ

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Free Pedometer!!

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