



ACTIVE LIFESTYLES

NORDIC WALKING FOR HEALTH & FITNESS

The Benefits:



- **Strengthens abdominal, back, arm shoulder, chest & leg muscles**
- **Burns up to 20% more calories**
- **Increases cardiovascular fitness**
- **Reduces injury, less stress on hips & knees**
- **Helps maintain overall bone density**
- **Enhances mood & energy**
- **It's a fun & convenient outdoor activity.**

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. **MEET IN THE CAR PARK.**

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.

Dates: 6 Weeks starting w/c Monday 07th April – w/e Friday 23rd May

Cost: **£15.00 per block** (6 sessions) or £3.00 per session. Price includes tuition and pole hire.

ALL SESSIONS MUST BE BOOKED IN ADVANCED.

Additional: Weekend walks, details and prices on request.

Payment: Cheques payable to **Aberdeenshire Council**

Send to: Fiona Murray, Education Learning and Leisure
Aberdeenshire Council, Gordon House,
Blackhall Road, Inverurie. AB51 3WA

Further information: Angela McMillan, Health and Fitness Coordinator.
Tel 07920 283495 or email angela.mcmillan@aberdeenshire.gov.uk

Medical/General Information Form – Nordic Walking

If you have decided to increase the amount of physical activity in your life, start by answering the 7 questions below. For most people physical activity should not pose any problem or hazard, but this Health Questionnaire has been designed to identify the small number of people for whom it would be wise to have medical advice before starting.

1. Has your doctor ever said that you have a heart condition?	YES	NO
2. Do you feel pain in your chest when you do physical activity?	YES	NO
3. In the past month have you had a pain in your chest when you were not doing physical activity?	YES	NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	YES	NO
6. Do you have diabetes?	YES	NO
7. Do you have asthma?	YES	NO

PLEASE ADVISE THE INSTRUCTOR OF ANY OTHER CONDITIONS YOU FEEL THEY MIGHT NEED TO KNOW ABOUT.

I understand that if I answered YES to one or more of the above questions, I should seek medical advice before undertaking a walking programme. I understand that this information will be shared with other Instructors. If my condition changes it is my responsibility to tell the Instructor. I am walking at my own risk. This information will be kept on file.

Signed: _____ **Date:** _____

Limited places, book early to guarantee your place!