NWT Nordic Walkers
Participant Booklet
Experience the Benefits

- A great fitness activity if you are experienced or just beginning to exercise!

- Get Outside! Enjoy the fresh air and trails your community has to offer any time of the year.

- Poles are great for balance and slippery terrain.

- Endurance and circulation.
- Upper body strength.
- Heart and lung capacity.
- Mobility of neck and spine.

- Stress on knees, back and ankles.
- Pain and tension in neck and shoulder region.
Nordic Walking in the NWT

- Originated as a means for skiers to train in the off-season.
- Soon became a popular recreation sport all year round.

“Nordic walking is one of the easiest and best fitness activities for weight loss and maintenance.”

– Shirley Firth-Larsson

NWT’s own Shirley Firth-Larsson, Fitness Ambassador and former cross-country ski Olympian, was voted Canadian Women’s Nordic Skier of the Year six times by Ski Racing Magazine.
Nordic Walking and Diabetes: Get on the right path!

√ Exercise, including Nordic Walking, is one of the best ways to help control diabetes and improve your health.

√ Exercise helps insulin receptors in your cells work better, which means your cells can take in glucose better, so your blood glucose (sugar) will be easier to control.

√ Once your body adapts to regular exercise, it will use insulin more effectively, even when you aren’t active.

√ Being active can easily become part of your daily life if you choose activities you enjoy!

Source: Yukon Diabetes Resource Guide
People with high blood pressure, heart disease, and obesity are encouraged to consult their doctor before starting any exercise program.
Keep poles close to your body.

Walk naturally, keeping shoulders and arms relaxed.

Keep the poles behind your body pointed diagonally backwards.

Opposing arm and leg swing.
Adjust Poles

Your elbow should form a 90° angle.

Don’t grasp poles too tightly, keep the blood circulating!
Warm up with these dynamic exercises before you walk.

- Ankle Roll
- Leg Swings
- Canoe paddle twist
- Upper Torso Twist!
- Pelvic loops
- Toe Tapping
Cool Down
Hold for at least 45-60 seconds.

- Shoulder
- Calf/Hamstring
- Quad
- Tricep / Arm
- Flat Back
- Side Stretch
<table>
<thead>
<tr>
<th>Activity</th>
<th># of muscles trained</th>
<th>% of muscles trained</th>
<th>Weight on the joints</th>
<th>Release on the joints</th>
<th>Calories per hour</th>
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<tbody>
<tr>
<td>Nordic Walking</td>
<td>300 - 400</td>
<td>50-60 %</td>
<td>Body weight x 1.3</td>
<td>up to 30 %</td>
<td>app. 600</td>
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<tr>
<td>Running</td>
<td>300 - 400</td>
<td>50-60 %</td>
<td>Body weight x 3-4</td>
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<td>app. 400</td>
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<tr>
<td>Walking</td>
<td>300 - 400</td>
<td>50-60 %</td>
<td>Body weight x 1.3</td>
<td>none</td>
<td>app. 280</td>
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Remember to ...

√ Dress for the weather.
√ Keep hydrated.

Technique

HOLD

➢ Hold the poles in the middle.
➢ Keep poles parallel to the ground.
➢ Begin to walk and allow your arms to swing freely.

DRAG

➢ Place the loop in your hand and tighten comfortably.
➢ Keep hands open and walk normally, swinging your arms.
➢ Drag poles behind you as you walk.

PLANT

➢ With each stride, plant the pole and use it to propel you forward.
➢ Remember to keep the poles behind your body.
<table>
<thead>
<tr>
<th>Steps/Distance</th>
<th>Comments/Activities</th>
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Resources

Videos and Dvd’s

- ExerStrider Total Fitness/Total Body Exercise Video by Tim Rutlin
  - Part 1: www.youtube.com/watch?v=NWKqAYw2r0g
  - Part 2: www.youtube.com/watch?v=idQ_loi1NVc
- http://xczone.com/newnordicwalk.htm
- Nordic Walking: The Ultimate Fitness Experience by zfit.com

Websites

- www.abc-of-nordicwalking.com
- www.inwa.nordicwalking.com
- www.nordicwalkingonline.com
- www.walking.about.com/cs/poles/a/nordicwalking.com
- www.nordicwalkingusa.com/index.html
- www.leki.com/NordicWalking/NordicWalking101/
- www.cnwa.info
News articles

> http://observer.guardian.co.uk/uk-news/story/0,6903,1436376,00.html
> http://lin.ca/resource-details/12631

Books

> Nordic Walking a Total Body Experience by Tim “T-Bone” Arem
> Ultimate Nordic Pole Walking Book by Klaus Schwanbeck
> Nordic Walking Step by Step by David Downer
NWT Recreation and Parks Association (NWTRPA) is a non-profit organization that works with communities across the territory to promote healthy living through active recreation. Our mission is to increase public awareness of recreation and parks and to enhance the quality of life for residents of the NWT.

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The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.