



# 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.



# Walk and Talk

Make sure you can carry on a conversation while you walk. This will help you to walk at a safe and comfortable speed!

## 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.





# Technique



Walk naturally, keeping shoulders and arms relaxed.

Keep the poles behind your body pointed diagonally backwards.

Keep poles close to your body.

Opposing arm and leg swing.

## Adjust Poles

Your elbow should form a 90° angle.



Don't grasp poles too tightly, keep the blood circulating!



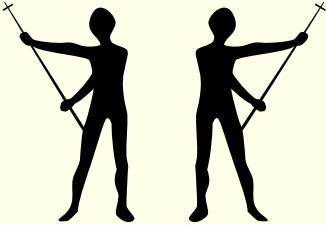
# Warm up with these dynamic exercises before you walk.



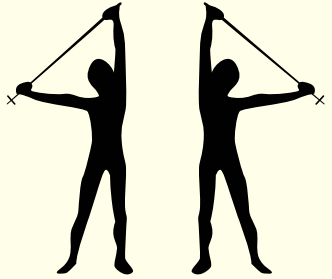
Ankle Roll



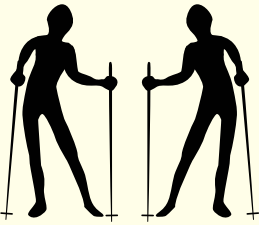
Leg Swings



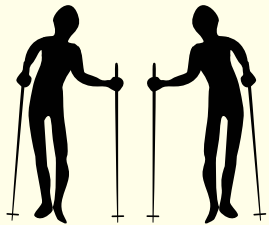
Canoe paddle twist



Upper Torso Twist!



Pelvic loops



Toe Tapping



# Cool Down

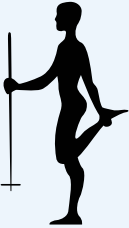
Hold for at least 45-60 seconds.



Shoulder



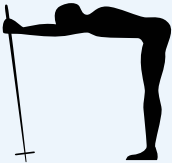
Calf/Hamstring



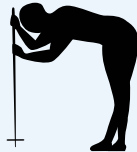
Quad



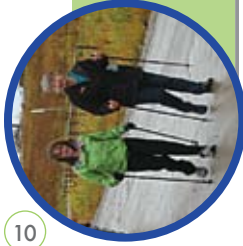
Tricep / Arm



Flat Back



Side Stretch



## Walking

## Nordic Walking

## Running

# of muscles trained	300 - 400	app. 600	300 - 400
% of muscles trained	50-60 %	90 %	50-60 %
Weight on the joints	Body weight x 1.3	Body weight x 1.3	Body weight x 3-4
Release on the joints	none	up to 30%	none
Calories per hour	app. 280	app. 400	app. 600



## 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.

Date .....

	Steps/Distance	Comments/Activities
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Date .....

Steps/Distance                      Comments/Activities

Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

# Resources

## Videos and Dvd's

- ExerStrider Total Fitness/Total Body Exercise Video by Tim Rutlin
- Part 1: [www.youtube.com/watch?v=NWKqAYw2r0g](http://www.youtube.com/watch?v=NWKqAYw2r0g)
- Part 2: [www.youtube.com/watch?v=idQ\\_loi1NVc](http://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](http://www.abc-of-nordicwalking.com)
- [www.inwa.nordicwalking.com](http://www.inwa.nordicwalking.com)
- [www.nordicwalkingonline.com](http://www.nordicwalkingonline.com)
- [www.walking.about.com/cs/poles/a/nordicwalking.com](http://www.walking.about.com/cs/poles/a/nordicwalking.com)
- [www.nordicwalkingusa.com/index.html](http://www.nordicwalkingusa.com/index.html)
- [www.leki.com/NordicWalking/NordicWalking101/](http://www.leki.com/NordicWalking/NordicWalking101/)
- [www.cnwa.info](http://www.cnwa.info)







## News articles

- [http://observer.guardian.co.uk/uk\\_news/story/0,6903,1436376,00.html](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



# Fun for the whole community!



**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.**

**Funded by: Public Health Agency of Canada a part of the Canadian Diabetes Strategy.**

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



**NWT RECREATION & PARKS ASSOCIATION**

***Recreation for Life!***

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