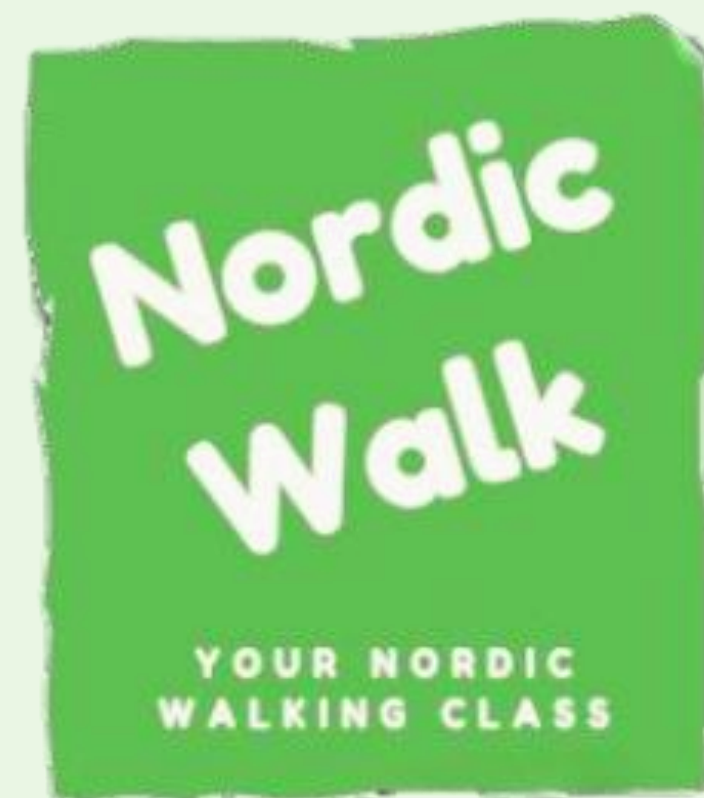
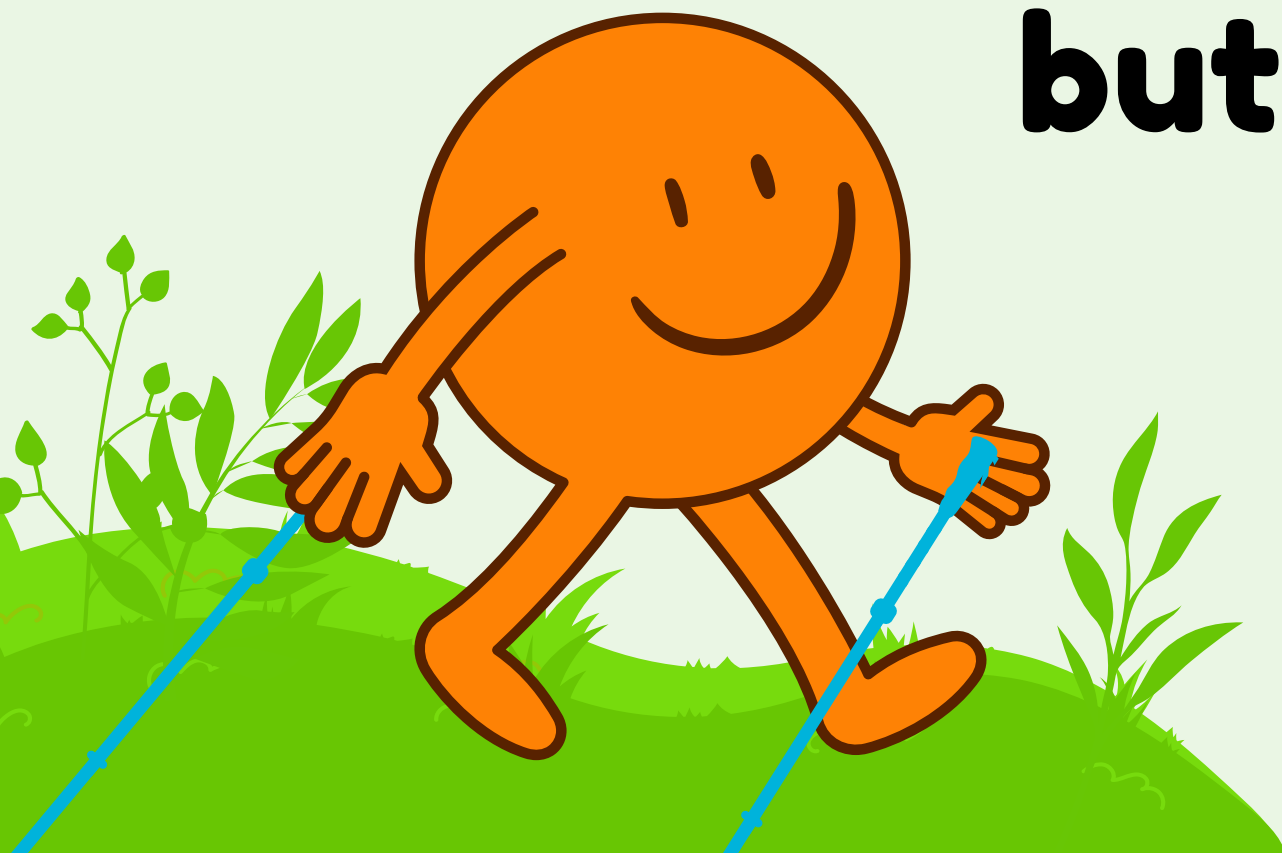


Nordic Walking...

**...a special technique,
with two poles,
that doesn't only exercise your legs
but also your upper body.**



C O N T E N T

About my Nordic Walking journey.

What is Nordic Walking?

Why should I give it a go?

What are the requirements?

What can 'Nordic Walk' offer you?



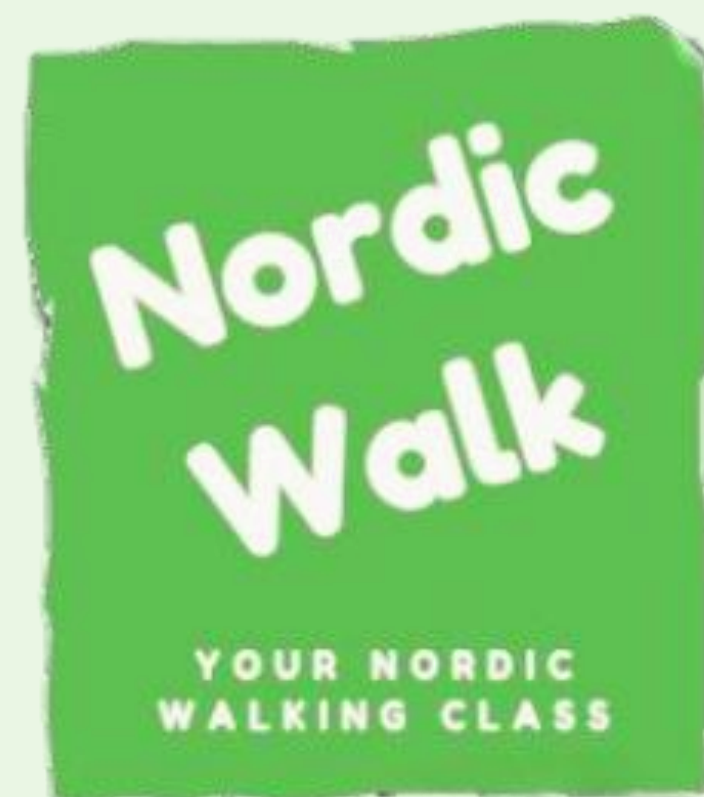
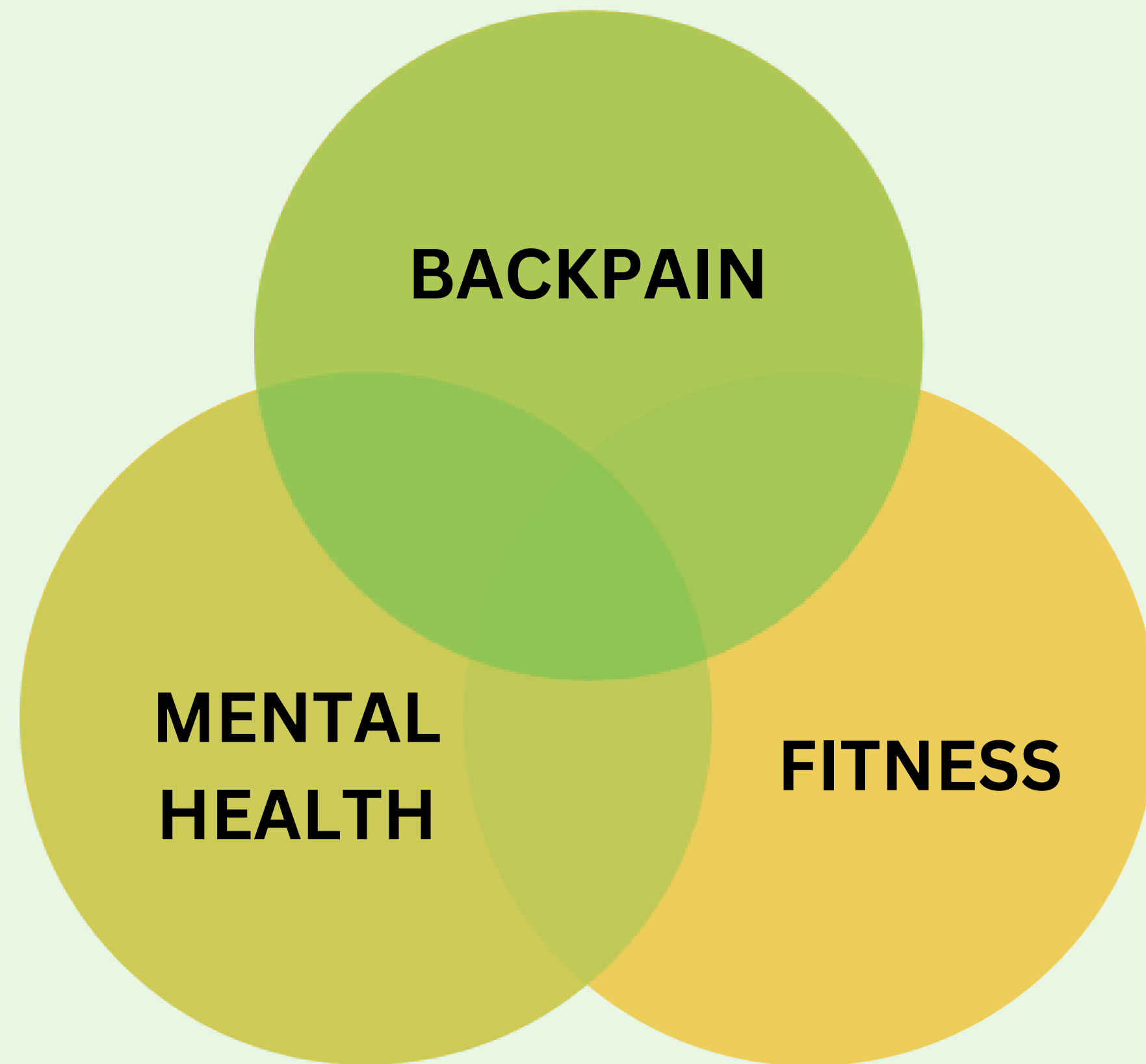
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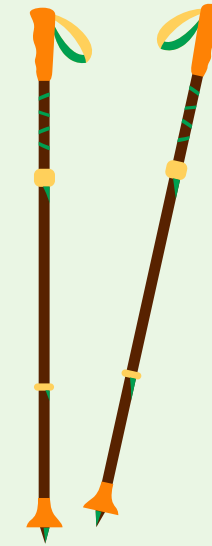
Why should I give it a go?

What are the requirements?

What can 'Nordic Walk' offer you?

1930s

Finnish cross-country skiers have used poles for their summer training



Specially designed poles are added to regular natural walking



Correct use of the poles
=
propels you forward
activates your upper body



Nordic
Walk

YOUR NORDIC
WALKING CLASS

About my Nordic Walking journey.

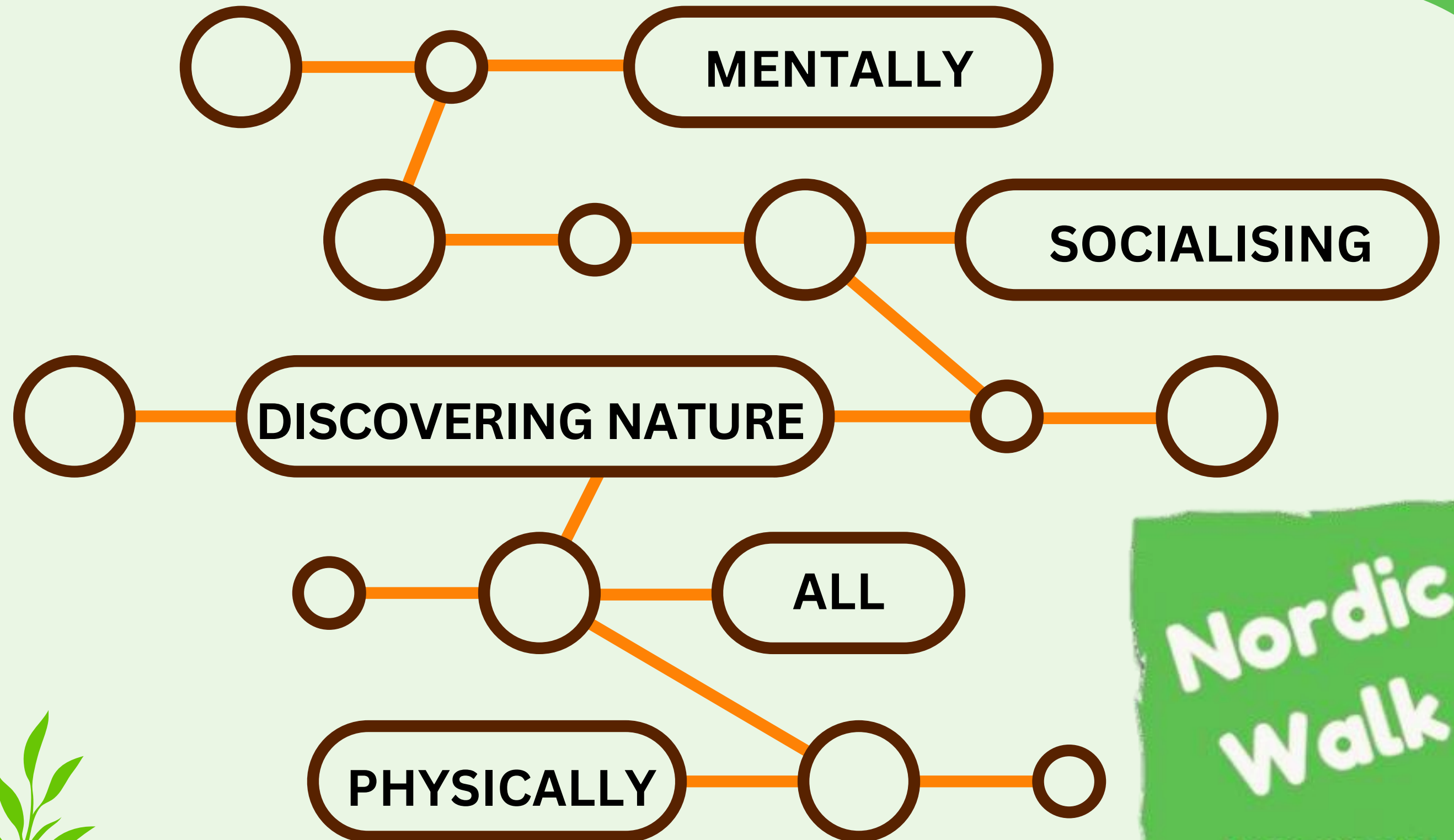
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FEEL GREAT



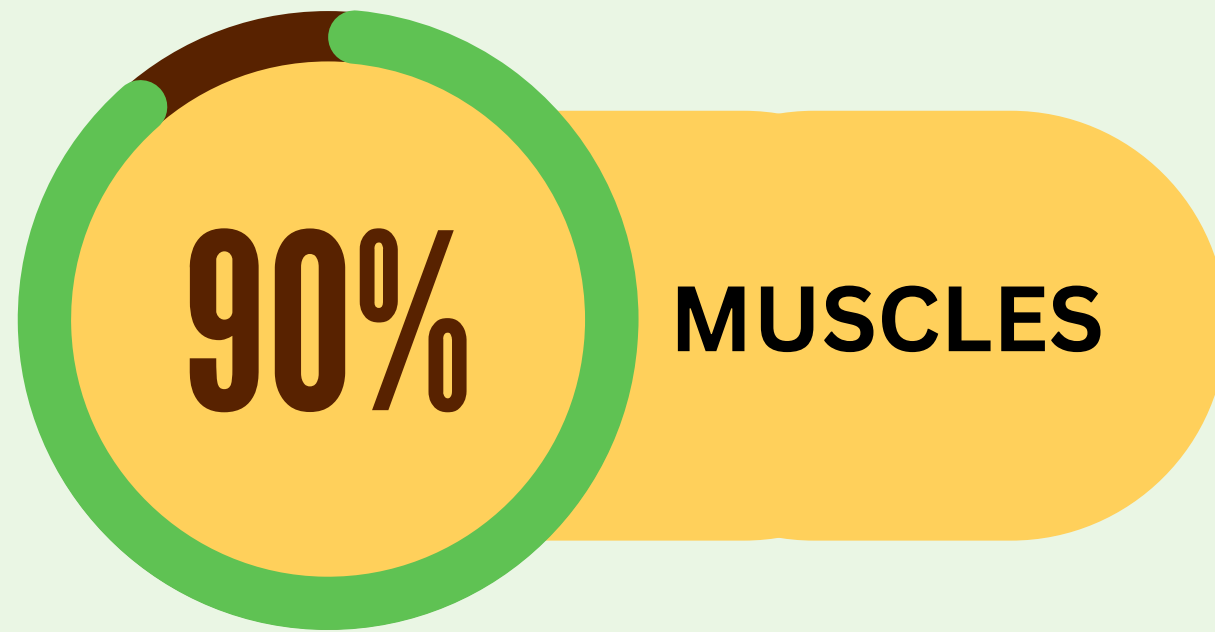
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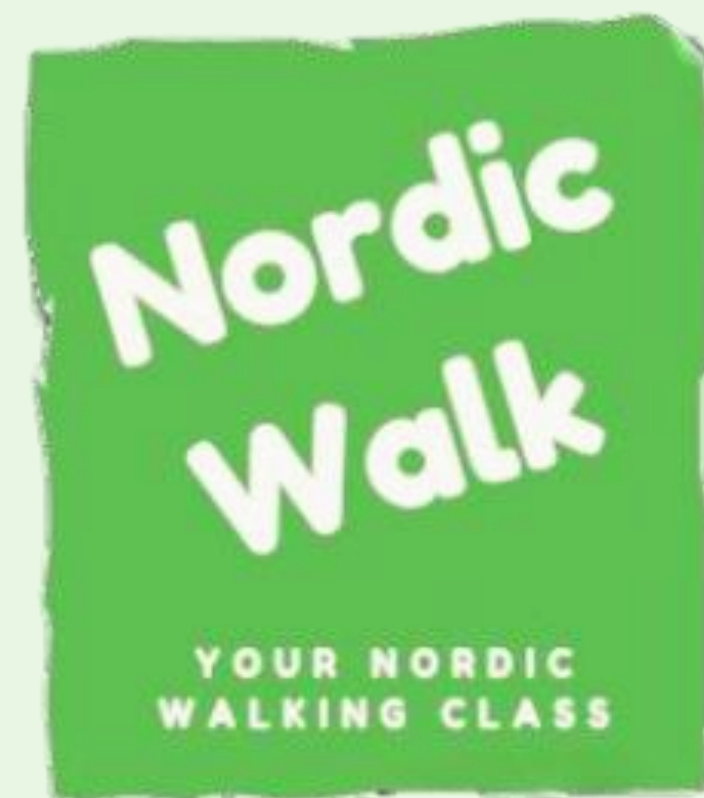
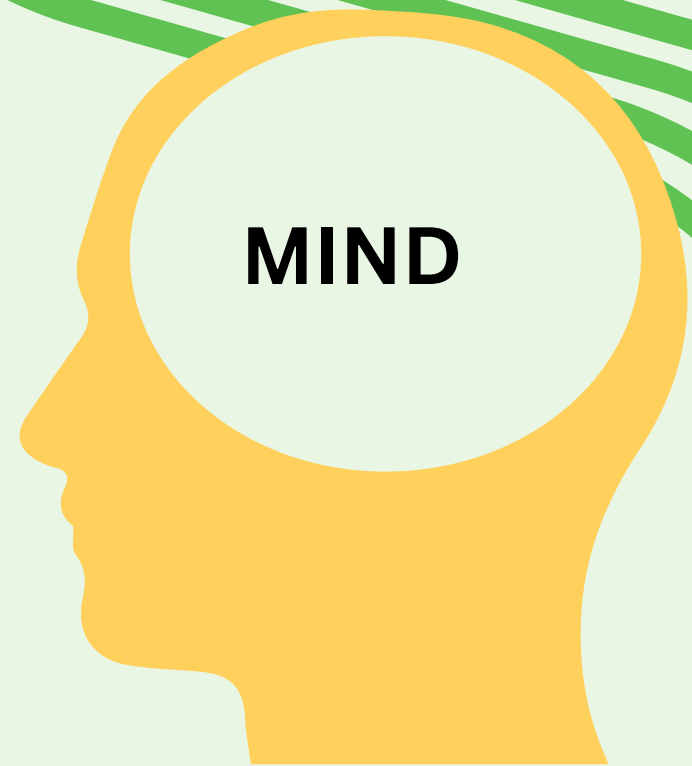
What are the requirements?

What can 'Nordic Walk' offer you?



BENEFITS

- ARTHRITIS**
- DEPRESSION**
- CANCER**
- OBESITY**
- PARKINSONS**
- TYP II DIABETES**
- OSTEOPOROSIS**
- BACKACHE**
- NECK + SHOULDER PAIN**
- LUNG CONDITIONS**
- HIP/KNEE ISSUES**
- CARDIOVASCULAR DISEASES**



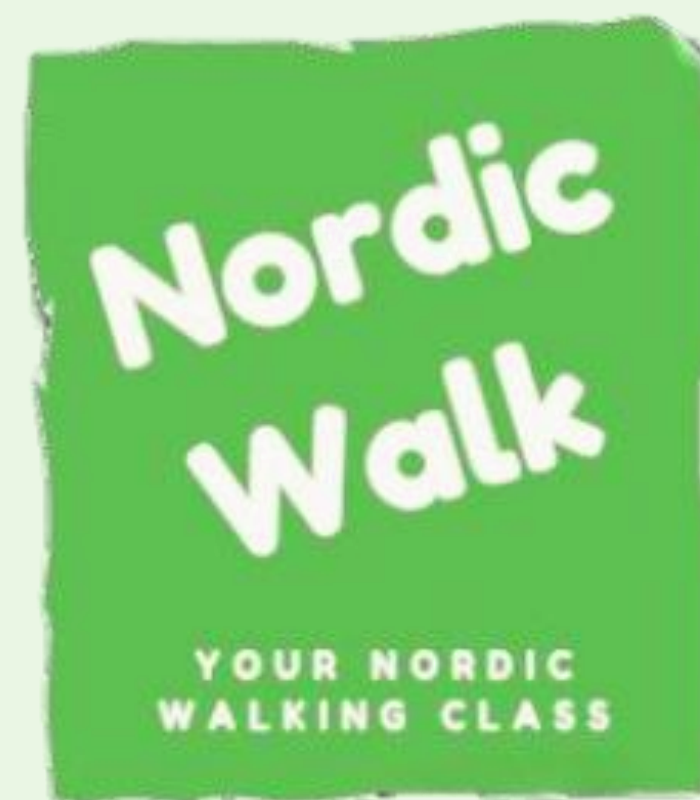
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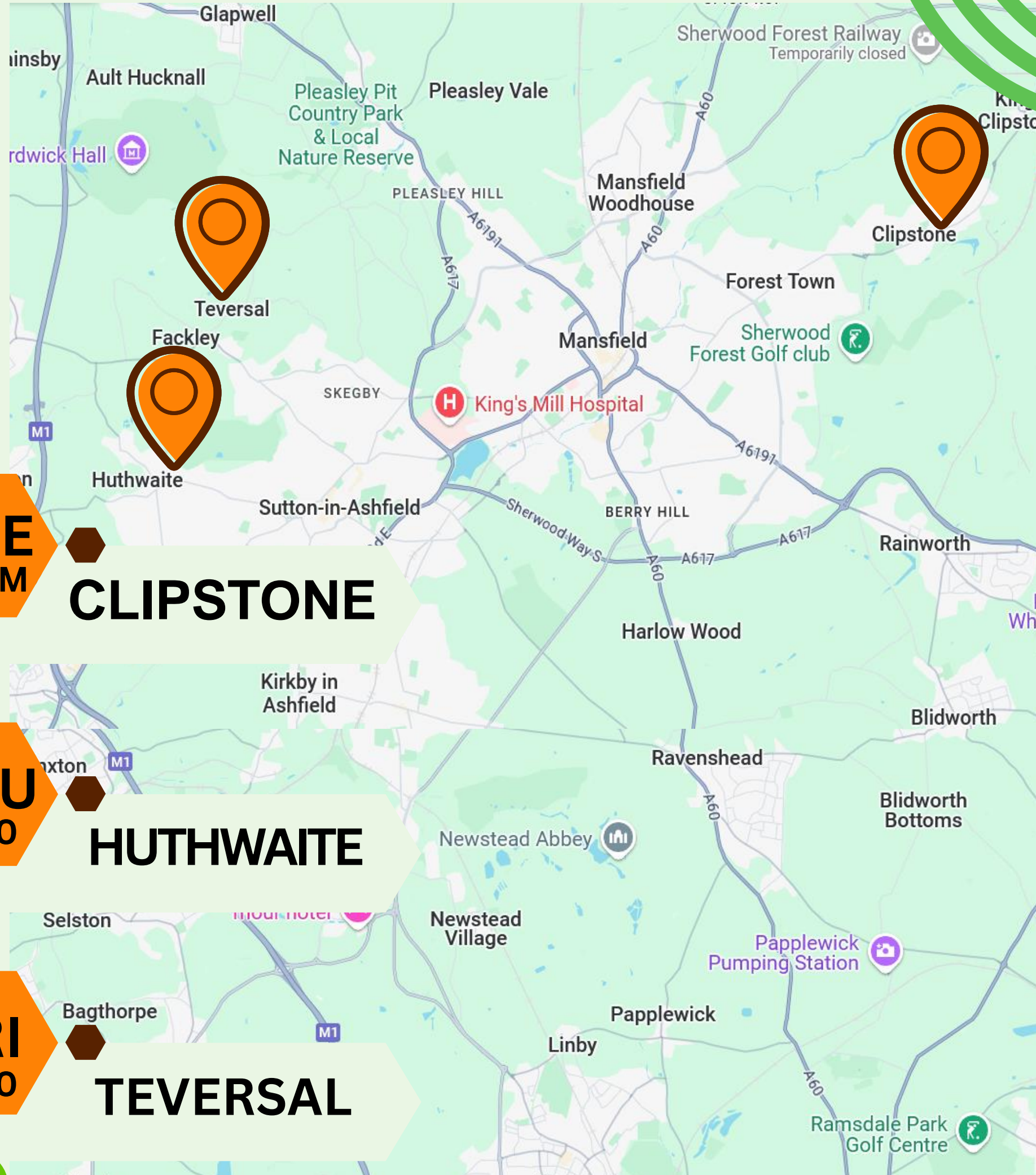
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TUE
10AM

CLIPSTONE

THU
9:30

HUTHWAITE

FRI
9:30

TEVERSAL

**ONGOING
WEEKLY
CLASSES**

**£4 pay
as you
come**

**Nordic
Walk**

**YOUR NORDIC
WALKING CLASS**



About my Nordic Walking journey.

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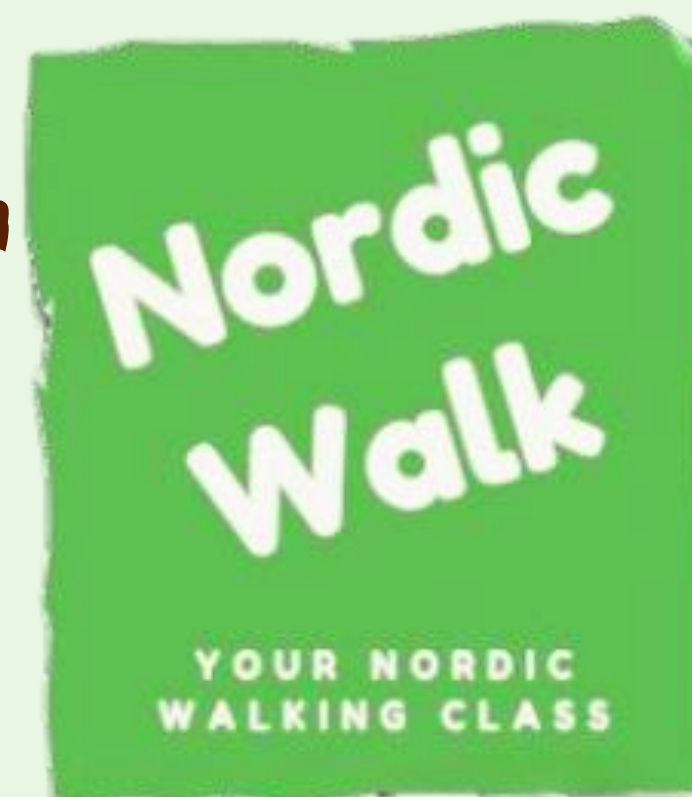
1-2-1



£30 per hour



Poles can be borrowed for free during all Nordic Walking sessions.



About my Nordic Walking journey.

GROUP SESSIONS

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What can 'Nordic Walk' offer you?

WORK

SCHOOL

COMMUNITY

GROUPS



About my Nordic Walking journey.

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