

TRY NORDIC WALKING:

March 10th 10-11am □ **Shelburne Health & Fitness**

Clinic lead by Nordic Walking Specialist:

Tracy Griffin

call 985-4410 to sign-up



The concept of Nordic
Finland and Norway!

walking evolved from

Nordic Walking uses specially designed poles to activate both the upper and lower body increasing the effectiveness of a walking program. Nordic walking allows for a total body workout without the need for snow!

Benefits of Nordic Walking

- Burn 20 to 46% more calories over regular walking
- Increase upper body strength
- Low impact activity reduces stress on the joints
- Heart rate increased 7-10 beats per minute
- Effective release of shoulder and neck tension
- Decreases impact on hips and knees by 25%
- Improves Posture
- Provides balance, support and safety on various surfaces
- Improves uphill and downhill stability

In parntership with

