

Nordic Walking Stonehaven

Aberdeenshire
COUNCIL



Education Learning & Leisure
Viewmount
Arduhie Road
Stonehaven
AB39 2DQ
Tel 01569 768358

NORDIC WALKING FOR HEALTH & FITNESS

The Benefits:



- Strengthens back, arms, shoulders, legs, chest and abdominal muscles
- Burns up to 30% 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? Come and join us on our weekly walks around Stonehaven. Nordic Walking is a very popular activity in Scandinavia when there is no snow!

Burn up to 30% 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 30% 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. Sept 2002) Come and try the benefits for yourself. During the session, you will learn the technique, while enjoying a social walk in the outdoors.

Class Details:

Day: Tuesdays

Time: 9.30am

Meet at: Stonehaven Leisure Centre

Clothing: Suitable sturdy waterproof footwear (walking boots if possible)
Waterproof, windproof jacket & trousers. Rucksack for carrying water.

Meet at: See details above

Additional: GROUP and PERSONAL SESSIONS CAN BE ARRANGED
Groups 6 or more from £1.50 per person (concession)
Individual £18 per session (2-3 hours)

Cost: 4 Week block £6 or £12
Sessions cost £3 per session.
£1.50 concession rate applies to Children, Adults aged 50+ or if using your own Poles.

Price includes tuition and pole hire. Leki poles can be purchased from £30 per set.

SESSIONS ARE WEATHER PERMITTING – MUST BE BOOKED IN ADVANCE

Payment: Cheques payable to Aberdeenshire Council
Send to: Diane Dunbar, Education Learning and Leisure,
Viewmount, Arduthie Road, Stonehaven AB39 2DQ

Further information: Carol McLaren, Active Lifestyles Coordinator.
Tel 01569 768358 or 07917 086421 or email carol.mclaren@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 LEADER OR STATE BELOW AND 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 Nordic walking programme.
I understand that this information will be kept on file. If my condition changes, it is my responsibility to tell the Leader.
I am walking at my own risk.

Name:	
Address:	
Contact No:	Email:
Mobile:	
Dates of Sessions:	
Dates of Sessions:	
Date:	Signed:

Please complete and bring the medical form to the session.