

YUKON NORDIC WALKING



**PARTICIPANT
GUIDE**

ACKNOWLEDGEMENTS

—*The Yukon Nordic Walking Participant Guide* has been produced by the Recreation and Parks Association of the Yukon in partnership with ElderActive Recreation Association. The Guide is adapted from the NWT Nordic Walkers Participant Booklet with permission from the Northwest Territories Recreation and Parks Association.

—*Content and layout* of the Yukon Nordic Walking Participant Guide have been developed and prepared by Caroline Sparks of C. Sparks Project Consulting and Lisa-Marie Vowk, certified Fittrek Nordic Walking Instructor.

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Yukon



ElderActive Recreation

Association (ERA) believes that everyone deserves to be engaged, to be active, and to try new things. Older adults are no different. Some are retired, some work part-time, and others take care of loved ones. Regardless of ability, interest, or passion, ERA aspires to help Yukoners 55+ stay active for life.

ERA (Whitehorse)

302-309 Strickland Street

Call 867-456-8252

www.elderactive.ca



The Recreation and Parks

Association of the Yukon (RPAY) promotes a healthier Yukon through active living, parks and recreation. RPAY supports accessible and affordable opportunities for Yukoners to be active through recreation and parks programs and services. Since 2012, RPAY has supported groups and communities to offer locally-led Nordic walking programs by providing training, equipment, and resources. Nordic walking is a great way for anyone of any age to enjoy walking at any time of the year.

RPAY (Whitehorse)

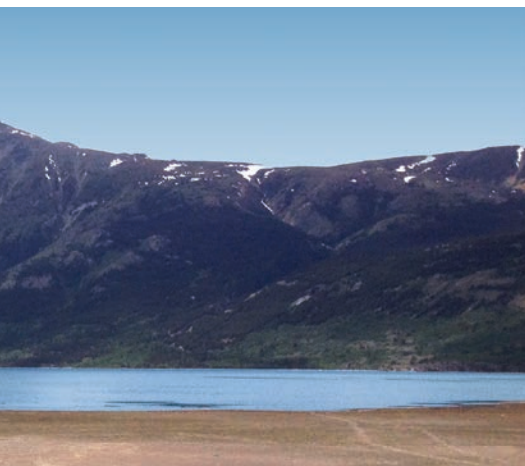
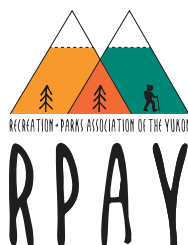
Suite 201-C (upstairs)

170 Titanium Way

Toll free 1-866-961-WALK (9255)

or at 867-668-3010

www.rpay.ca



THE NORDIC WALKING EXPERIENCE

Get outside with Nordic walking!
Enjoy the fresh air and trails your
community has to offer at all times
of the year.

Whether you are experienced or
just beginning to exercise, Nordic
walking is a great fitness activity.
Poles add to the exercise benefits
as well as helping you balance and
walk on slippery and uneven terrain.

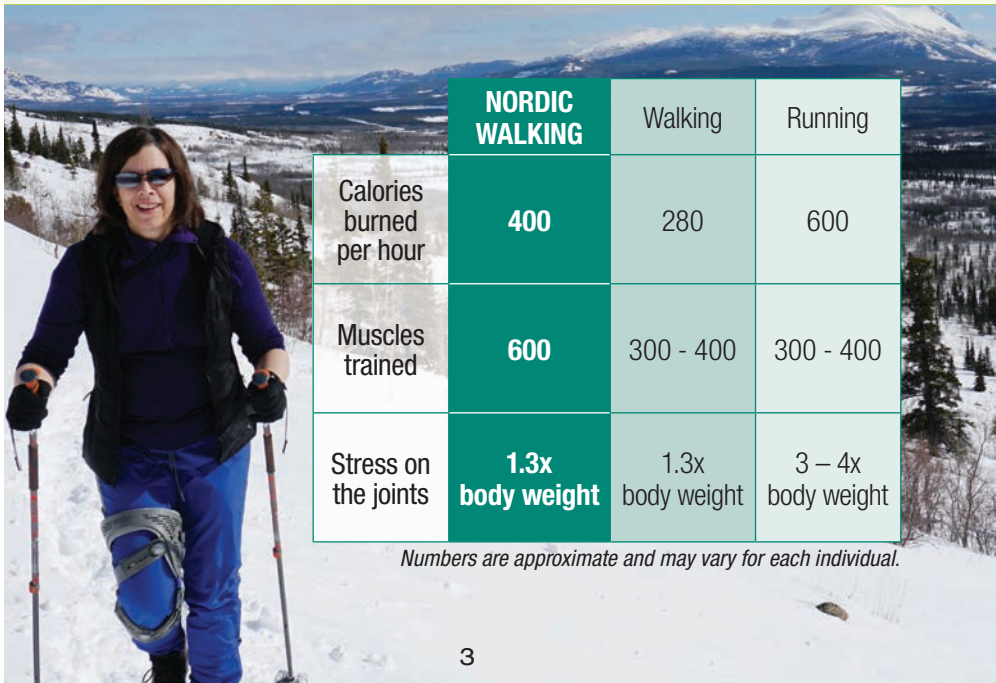
Nordic walking offers a better
workout than walking or running.
You burn more calories and exercise
a wider range of muscles without
the added stress on your joints.

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!

People with high blood pressure,
heart disease, obesity or other
chronic conditions should consult
a doctor before starting any
exercise program.

To determine whether or not to
consult your doctor, download
and complete the Get Active
Questionnaire. www.csep.ca



	NORDIC WALKING	Walking	Running
Calories burned per hour	400	280	600
Muscles trained	600	300 - 400	300 - 400
Stress on the joints	1.3x body weight	1.3x body weight	3 – 4x body weight

Numbers are approximate and may vary for each individual.



ENJOY THE BENEFITS

Nordic walking offers a variety of fitness benefits such as:

Improved...

- ✓ endurance and circulation
- ✓ heart and lung capacity
- ✓ posture and body awareness
- ✓ flexibility and increased range of motion
- ✓ upper body strength
- ✓ mobility of the neck and spine
- ✓ balance and stability

And reduced...

- ✓ stress on knees, back and ankles
- ✓ pain and tension in the neck and shoulder region

“OF ALL THE PATHS YOU TAKE IN LIFE,
MAKE SURE A FEW OF THEM ARE DIRT”
~JOHN MUIR



NORDIC WALKING GEAR

Quality experience: Whether you walk in summer or winter, on trails or pavement, the right equipment, footwear and clothing will make your walking experience safer and more enjoyable.

Feet first: Feet need comfort, support, protection, and warmth in winter. Footwear should be light, flexible and breathable with good stability and traction. Avoid shoes with rigid soles.

Dress for your environment: Dress in layers. Once you start moving and warm up, take off a layer or two to cool down and sweat less. Choose clothes and fabrics that are unrestrictive, breathable or wick moisture away from your skin. Cotton and denim are not recommended as they retain moisture and are heavy.

Cover your hands and head in windy, wet or cold temperatures. Wear a toque on cold or windy

days. Wear a hat and sunglasses to protect your skin and eyes on sunny days. Wear gloves or mitts that are thin, but not slippery, so you can feel and hold the pole grip.

When walking indoors, care for your poles and the walking surface by covering the carbide tips of your poles with rubber booties.

Walk smartly: Nordic walking on trails is a great way to be active and enjoy Yukon's outdoors.

Before heading out, plan ahead. Tell a friend where you are going and when you expect to return. Pack a few items in a small pack or hip pack to ensure a safe and enjoyable walk.

For more information, refer to the Yukon Government *How You Can Stay Safe In Bear Country* brochure.

☐ Water bottle

☐ Bear spray

☐ Healthy snack

☐ Lip balm

☐ Sun screen and
insect repellent

☐ Band aids for
scratches and blisters

☐ Cell phone

*Find out how to travel safely in the Yukon's great outdoors at:
www.yukon.ca/en/travel-safely-yukon-wilderness*

IMPORTANT TECHNIQUES

ADJUST YOUR POLES

Your elbow should
almost form a
90° angle.

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

WALK NATURALLY

Keep the poles
behind your body
pointed diagonally
backwards.

Walk naturally,
keeping shoulders
and arms relaxed.

Keep poles close
to your body.

Swing opposing
arm and leg.

CHOOSE YOUR POLES WISELY

Proper pole selection is important. Select poles based on where you walk. If you walk on level and paved surfaces, a pole with fewer features will suffice. If you plan to walk off-road and on unpaved trails and uneven ground, a more versatile pole will provide greater benefit.

- *Choose adjustable poles* if you will want to change the pole length for your height, for varying terrain and conditions, or to pack the poles for travel.
- *Poles with shock absorbers* increase comfort by using internal cork or springs.
- *Adjustable wrist straps* allow room in the straps for covering up hands in the winter. Adjustable straps help with mobility concerns such as arthritis.
- *Optional pole tips* provide a selection of changeable tips and baskets to help you get the best performance from your poles.

Choose the right pole tip for your walk.

Fit your Nordic walking poles with tips designed for the conditions and terrain outdoors (or indoors) where you plan to walk.



The carbide tip grips natural trail surfaces like grass and firm soil. Find this tip under the removable rubber end.



Rubber tips work well on asphalt and other solid surfaces.



Snow baskets stop the pole from sinking in winter conditions.



Gravel, sand, mud or dirt baskets provide support on softer terrain.



Other “booty” styles are designed for smooth asphalt or concrete, indoor surfaces or running tracks. Some have an angle to hit the pavement evenly.

POLES WITH ADJUSTABLE STRAPS

ADJUSTABLE STRAPS

Poles designed for Nordic walking will have adjustable straps to provide maximum performance and comfort.

Straps keep the poles in your hands so they can be released from your grip when your arm is extended and then returned to your hand for your next step.

Place your hand up through the strap and grasp the pole. Ensure that straps are not over-tightened or twisted as this could decrease your range of motion and circulation. The strap should be on the back of your hand with your thumb on top of the strap.



GRIPPING THE POLE

If you have a strap, place your hand up and through it. Next, hold each pole with your thumb and forefinger. Then, close the rest of your fingers.

Keep your grip on the pole relaxed. This helps you coordinate your poles with your stride. A tight grip can cause discomfort in your hands or forearms.

If it feels like you are going to slip or fall, you will naturally tighten your grip.

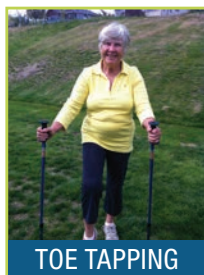
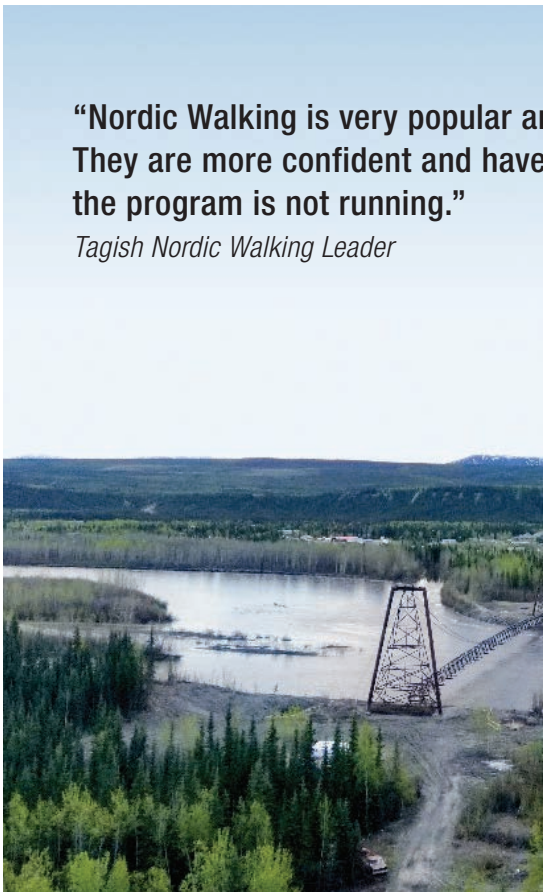


"EVERYONE WANTS TO LIVE
ON TOP OF THE MOUNTAIN,
BUT ALL THE HAPPINESS AND
GROWTH OCCURS WHILE
YOU ARE CLIMBING IT."
~ ANDY ROONEY



WARM UP

Ready, Set, Walk. Warm up with active and fun exercises.



COOL DOWN

Cool Down with these exercises after your walk.

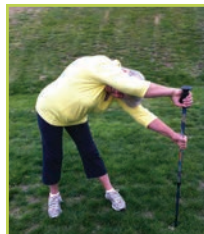
Hold each for 45-60 seconds.

and most participants come out every week.
e started going out on their own even when

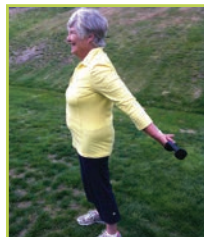


**“Nordic walking is a wonderful way to
build community. Participants socialize...”**

Tagish Nordic Walking Leader



SIDE STRETCH



SHOULDER



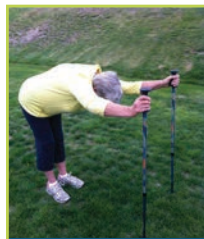
TRICEP / ARM



HAMSTRING/CALF



QUAD



FLAT BACK

RESOURCES AND REFERENCES

BOOKS

Ultimate Nordic Pole Walking Book

by Klaus Schwanbeck

published March 1, 2012

Nordic Walking a Total Body Experience

by Tim “T-Bone” Arem

published September 21, 2006



APPS AND WEBSITES

ParticipACTION and Get Active app–

www.participaction.com

Yukon Hiking–

www.yukonhiking.ca

Nordic Walking Online–

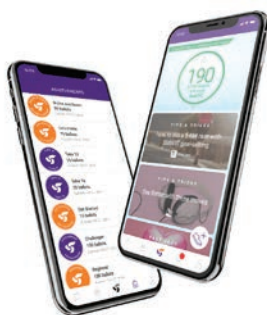
www.nordicwalkingonline.com

Walk to Tuk–

www.walktotuk.com

Canada Walks–

www.canadawalks.ca





LOGGING YOUR WALKS...

Keep track of your walks by recording the date, the distance you walked, and any comments about your walk. The following pages will help you get started.

As you walk more, use a pedometer to log or track where you walk.

Visit different Yukon communities and try their local walking routes.

These days, many people track their steps with an activity or fitness tracker.

Trackers are personal electronic devices that connect to an app on a smartphone or computer.

The advantage of a mobile app is that the built-in GPS can track the distance you walk, the rate you walk, and the route you walk. Some apps calculate how many calories you burn. Other apps let you save your progress and will give you a combined total over time.

MY WALKING LOG

[illegible]

MY WALKING LOG

[illegible]

MY WALKING LOG

[illegible]



“EVERYWHERE IS WALKING DISTANCE
IF YOU HAVE THE TIME.”

~ STEVEN WRIGHT

ACTIVE HEALTHY LIVING THROUGH RECREATION AND PARKS

