



Yukon

Nordic Walking

Participant Guide



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.

	Nordic Walking	Walking	Running
Calories burned per hour	approximately 400	approximately 280	approximately 600
Muscles trained	about 600	about 300 - 400	about 300 - 400
Stress on the joints	1.3 x body weight	1.3 x body weight	3 - 4 x body weight

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 their doctor before starting any exercise program.

To determine whether or not to consult your doctor before increasing your physical activity levels, download the PAR-Q at www.csep.ca and answer its six questions.

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, consider using a pedometer.



You may also want to try one of the many apps that are available for mobile devices such as smartphones. Many of these can be downloaded for free onto a smartphone if you have one.

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.

You can also log or track where you walk. Consider visiting different Yukon communities and try some of their local walking routes. You can find more information on www.rpay.ca under Active Yukoners - Walking.

R&R (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

Websites:

www.timberdoodleoutdoors.com/nwa/

www.nordicwalkingusa.com/index.html

www.abc-of-nordicwalking.com

www.nordicwalkingonline.com

www.csep.ca



Enjoy the Benefits

Nordic Walking offers a variety of fitness benefits such as:

Improved...

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

And reduced...

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



Nordic Walking Gear

For a quality, Nordic walking experience, make sure you have the right gear for where and when you walk. Whether you walk in summer or winter, on trails or pavement, appropriate equipment, footwear and clothing for your environment will make your walking experience safer and more enjoyable.

Feet First: Footwear is important; your feet need to be comfortable, supported and protected. Choose a light, flexible and breathable shoe for stability and traction. Avoid shoes with rigid soles.

Dress for the Activity and the Weather: With outdoor exercise, dress in layers. Once you start moving and warm up, layers can be removed so you can cool down and decrease the possibility of sweating. Choose fabrics and clothes that are unrestrictive, breathable or wicking to remove moisture from your skin. Cotton and denim are not recommended as they retain moisture and are heavy.

Cover hands and head in windy, wet or cold temperatures. Wear gloves or mitts that are thin and not slippery. You want to be able to feel and hold the pole grip. Wear a toque on colder or windy days. Wear a hat and sunglasses to protect your skin and eyes on sunny days.

Worth Noting: Nordic walking our Yukon trails gets your body moving while you enjoy great scenery. 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.

- ✓ Water bottle
- ✓ Sun screen & insect repellent
- ✓ Lip balm
- ✓ Healthy snack
- ✓ Band aids for scratches & blisters
- ✓ Bear spray
- ✓ Cell phone

Find out more about Yukon Smart Travel Planning at:
www.hss.gov.yk.ca/travelmart.php

Cool Down with these exercises after your walk...

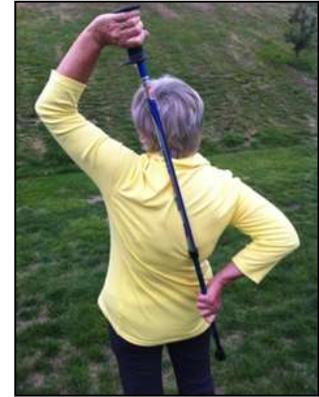
Hold each for at least 45-60 seconds!



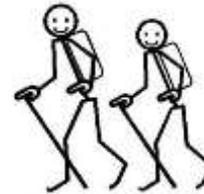
Shoulder



Side Stretch



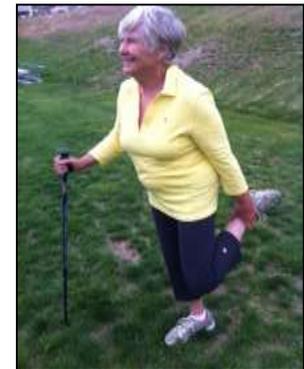
Tricep/Arm



Hamstring/Calf



Flat Back



Quad

Ready, Set, Walk...

Warm up with active & fun exercises...



Leg Swings



Pelvic Loops



Canoe Paddle Twist



Upper Torso Twist



Toe Tapping



Ankle Roll



Poles...

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

Consider:

- Adjustable poles when you want to change the pole length for height or for varying terrain and conditions.
- 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 ensure you get the best performance from your poles. Fit your Nordic walking poles with tips designed for specific conditions and terrain you plan to walk.



Choose the right pole tip for your walk...



Gravel, sand, or dirt baskets stop poles from sinking in.



Snow or mud baskets keep poles from sinking in.

Rubber "rocker booty" tips are made for walking on asphalt and other solid surfaces.



Use the carbide tip for gripping natural trails like grass and firm soil. Find this tip under the removable rubber end.



Other "booty" styles are designed for smooth asphalt or concrete, indoor surfaces or running tracks. Some have an angle to hit the pavement evenly, while others wear unevenly (like a cane tip).

Nordic Walking Techniques...

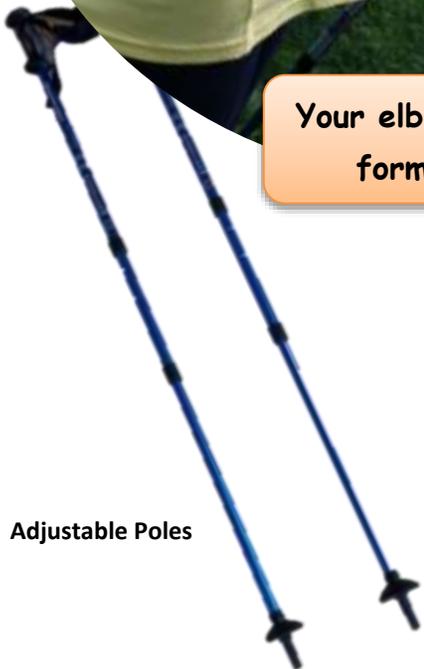
Adjust Your Poles...



Your elbow should almost form a 90° angle.

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

Adjustable Poles



Walk Naturally...



Walk naturally, keeping shoulders and arms relaxed!

Keep the poles behind your body pointed diagonally backwards.

Keep poles close to your body.

Swing opposing arm and leg.