

Nordic Walking Technique

Dress for the weather!
Tell someone
where you are going!
Bring a healthy snack!
Keep hydrated!

Walk naturally,
keeping shoulders
and arms relaxed



Swing
opposing
arm and leg

Keep loose grip
on poles to keep
blood circulating

Keep poles behind
your body pointed
diagonally
backwards

Keep poles
close to your
body



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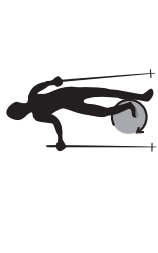
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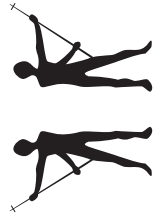


Warm-Ups

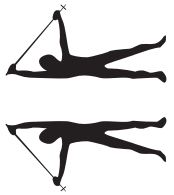
active & fun exercises



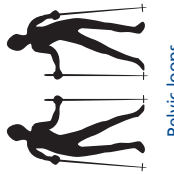
Ankle Roll



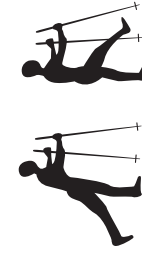
Canoe paddle twist



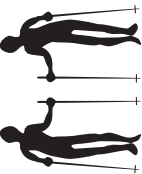
Upper Torso Twist



Pelvic loops



Leg Swings



Toe Tapping

Cool-Downs

hold for 45-60 seconds



Shoulder



Calf/Hamstring



Quad



Tricep / Arm



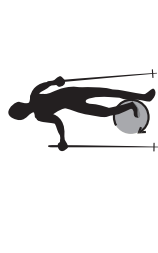
Flat Back



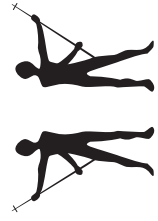
Side Stretch

Warm-Ups

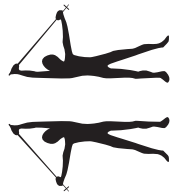
active & fun exercises



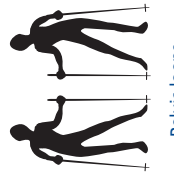
Ankle Roll



Canoe paddle twist



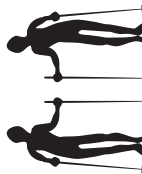
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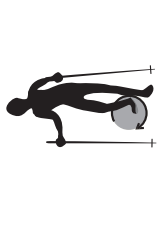
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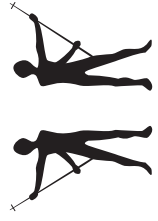
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Warm-Ups

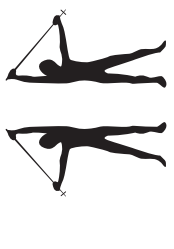
active & fun exercises



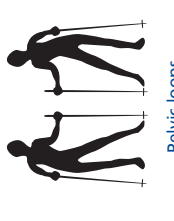
Ankle Roll



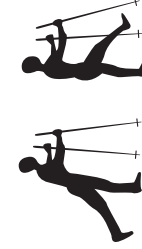
Canoe paddle twist



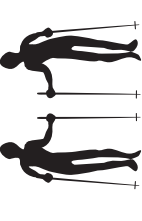
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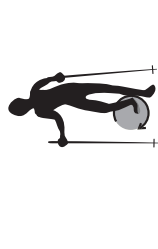
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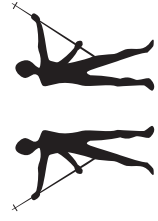
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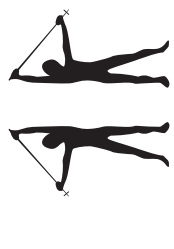
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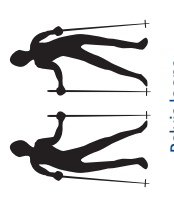
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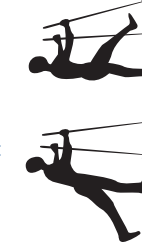
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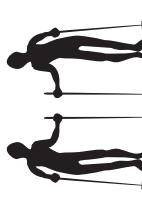
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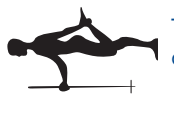
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