

# NORDIC WALKING INSTRUCTOR COURSE

***Do you work in the fitness or health industry?***

***Are you looking for a low impact high energy exercise for your elderly or disabled patients?***

***Are you looking for the next BIG THING in cardio fitness?***

Nordic walking is fitness walking with specially designed poles and a learned technique to create an effective total body workout. It can be performed by anyone, anywhere, at any time, is affordable and most importantly lots of fun!

This instructor course, presented by Arthritis South Australia, is perfect for personal trainers, exercise physiologists, fitness instructors, physiotherapists, nurses, etc. Its aim is to produce high quality Nordic Walking Instructors equipped with all of the necessary skills and knowledge to benefit their clients or patients.



Nordic Walking offers something for everyone, and although it seems straightforward the overall fitness benefits are astounding!

- activates 90% of the body's muscles
- gives an average of 20-25 % greater cardio fitness effect than regular walking
- burns up to 46% more calories compared to regular walking without poles
- decreases the weight load and impact on the joints of the lower body
- strengthens as well as tones the upper back and shoulders
- increases the lateral mobility of the spine significantly
- induces a lower perceived feeling of exertion than like aerobic activities
- releases pain and muscle tension in the neck and shoulders
- promotes an upright and balanced walking posture

This course is proudly accredited by ESSA (Exercise and Sport Science Australia), Kinect Australia and Fitness Australia. Registered members of these associations gain 11 CEP's, 3 PDP's or 15 CEC's respectively, as a result of the successful completion of the course.

So what are you waiting for?....expand your fitness, rehabilitation or exercise repertoire by becoming one of the growing number of those offering this safe, low impact, high energy exercise program that is accessible to all ages and fitness levels.

Placements to this one off Instructor Course are limited so don't miss out register your interest now contact Jenny Bennett for more information [Jenny.Bennett@arthritissa.org.au](mailto:Jenny.Bennett@arthritissa.org.au)

**NORDIC WALKING.....it's simply a walk in the park**