

Nordic Walking

A new form of exercise, born in the snow-bound northern hemisphere and now taking Europe by storm, has now come to Western Australia.

Nordic walking is rhythmic walking with specially designed poles is attracting the attention of traditional walkers in Perth.

Originating in Finland in the 1930s Nordic walking involves strolling with a special technique and swinging the arms, using purpose-designed poles with wrist attachments. It can be done on grass, on the beach, on bike paths or even on bush tracks. The poles have adaptable tips for different conditions.

Dorothea Bassett, of Thornlie, is an accredited NW trainer. She leads Nordic walking groups in Canning vale and Kings Park on Saturday morning. Anyone wanting to come along for a free trial walk, need to register with Dorothea – 0414946055 or visit www.liveandlearn.net.au

Nordic walking burns about 400 calories per hour, compared with 280 calories for traditional walking – involving 90 per cent of the body's muscles. It encourages better breathing and good posture, incorporating resistance training without the jarring of knees and other joints. Nordic walking provides a whole body work-out for people needing a more vigorous exercise than strolling, or for those who have a medical condition that precludes jogging. It is suitable for all ages.

