

Nordic Walking Information

For successful Nordic Walking it is essential to learn the proper technique and have the right equipment.

What you need

Pole height:

A good rule of thumb for pole length is to multiply one's height x 0.66 and round it to the nearest five or zero. E.g. If you are 164 cm tall, $164 \times 0,66 = 108,24$. Round up to 110 cm.

Another way is to stand upright, position the pole tip at your heels, arms tucked to your sides, flex elbows to 90 degree angle and your grip should be slightly lower than the elbows.

Cost:

- While you don't need to spend a fortune to get a reliable pole, you do need to consider what you're going to be using it for.
- Price range varies from 60,- to little over 200,
- There are many different manufacturers of poles e.g. Exel, Swix, Leki that offer poles in different price ranges and different materials.
- When learning, it can help to start with slightly shorter poles.
- Exeprienced walkers use longer poles as their stride length becomes longer.

Poles:

- Carbon/fiberglass poles are light weight and elastic. For Nordic Walking, the lighter, the better.
- A higher carbon content in the glass fiber/carbon blend results in better shock absorption and therefore greater comfort.

Hand grip:

Nordic Walking pole straps need to be supportive and strong as they take most of the force that the upper body generates when walking. The best straps fit around your hand, almost like a glove, and you can detach from the pole using a "trigger" release, allowing you to get your hands free from the poles whenever you need to.

Tips:

Poles have sharpened spike tips which "bite" the soil for greater propulsion. This tip is covered with a removable rubber pad or "paw" when walking on asphalt or overly soft ground such as mud or soft sand.

The positive results that come from Nordic Walking:

- Up to 46% more energy is burned than during regular walking.
- Total body workout involves 90% of all muscles.
- Relieves muscle tension around the neck and shoulders, and activates the underused gluteals i.e. gives you a nice, tight butt!
- Great training for endurance, strength, flexibility and coordination.
- Low-stress workout for the knees and other joints.
- Improves balance even on wet and slippery surfaces.
- Exercise easily sustained within one's optimal pulse range
- Enjoy fresh air and nature in the outdoors in a fun and energetic group!