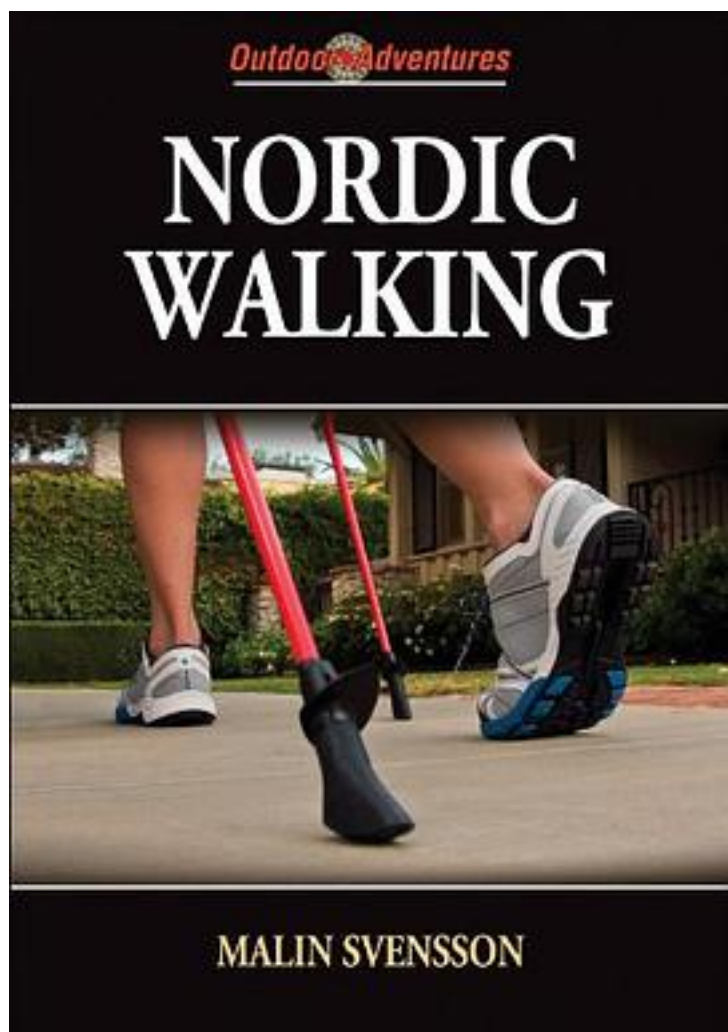


Nordic Walking



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Adaptable, effective, and fun, Nordic walking is an outdoor adventure with something

for everyone. For those looking for a new way to spend time outdoors or want an enjoyable new workout, Nordic walking is the perfect activity. Developed in Finland, Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. It's an ideal low-impact cardio activity that can be practiced in a variety of outdoor settings. "Nordic Walking" presents an easy, three-step method for learning the basics so beginners can get started right away. The book provides information on walking correctly both with and without the poles to ensure an injury-free experience. Using the poles correctly ensures walkers reap all the physical benefits of the activity. Also included are techniques for climbing and descending during a walk. After the basics have been mastered, readers will be able to move on to the more challenging walks. "Nordic Walking" offers information on fitness fundamentals, etiquette and safety considerations and tips for selecting the correct gear and apparel. The book also provides a list of Web sites that enabling readers to plan trips in the United States and around the world, plus how to find Nordic walking instructors, organisations and events.

作者介绍:

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