**What is Nordic Walking?**

Nordic walking was originally a summer training regime for cross-country skiers. It's based on using specially designed walking poles in a way that harnesses the power of the upper body to propel you forward as you walk. It's now a recognised way to turn a walk into whole-body exercise that can be done by anybody, anywhere. Once you master the technique its a great way to improve fitness, lose weight and tone the whole body.

**What equipment do you need?**

All you need is a pair of Nordic walking poles they are different to those used for trekking/walking as they have a glove which is used to help propel you forwards, walking shoes or trainers not boots and appropriate clothing. We provide poles for hire if needed.

**What are the health benefits of Nordic walking?**

Regular Nordic walking can lower your risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. Nordic walking, like any other form of exercise, can also be used as part of an exercise programme to lose weight.

**How do you get started?**

Join our new Epping Forest District Council Nordic walking group for **beginners (1 and half hour session)**

**When?** Every Tuesday from 16th April 2019 , 9.30am

**Where?** Lee Valley Park Car Park Fishers Green, Stubbles Lane EN9 2EF.

**How much ?** Booking is essential: Session Only £4, Session & Hire of Poles\* £6, If your hiring poles please have your height ready before booking

**Booking**

* **Book and pay on line** at <https://eppingforestdc.bookinglive.com/>
* Or **book and Pay over the phone** using debit or credit card by calling our admin team on **01992 564226** (Monday to Friday 10am to 4pm)