



# NORDIC KIWI

ISSUE 4

Winter 2013

## WELCOME TO WINTER 2013

Well the long beautiful summer has come to an abrupt end and Winter has surely set in. The temperature has suddenly dropped and many of you will be switching on the heat pumps or chucking another log on the fire.

Exercising in Winter is just as important as it is for any other time. I know its hard finding motivation at the very best of times and Winter can be especially challenging for those that are less inclined to rise early and exercise!

Watch out for Winter weight gain, as 53% men and 28% women may increase their weight by 2 - 5 kilos!  
<http://ow.ly/luaHu>

We are meant to move, not hibernate, so pick up your poles and go exercise outdoors. Remember to hydrate and invest in some good quality waterproofs.

Yours in Nordic Walking.

June

## POLE UPDATE

El Camino de Santiago is a pilgrimage route to the Cathedral of Santiago de Compostela in Galicia in the North West of Spain. Legend has it that the remains of the Apostle Saint James are buried there. For centuries, this has been a pilgrimage walk for many Christians.

The Camino Walk is a 775km trail that now attracts tourist 'pilgrims' from all over the world. Some of our Nordic Walkers have visited and walked the Camino.

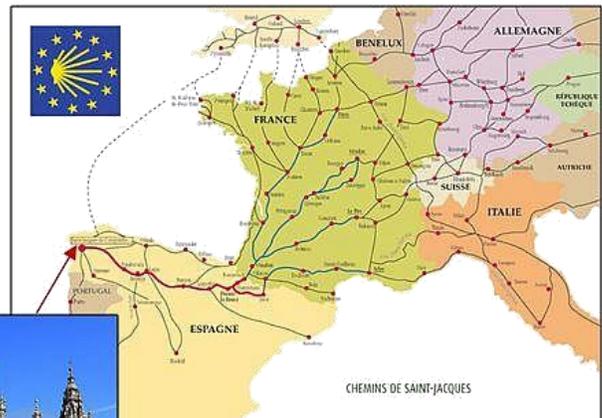
'Camino' is a Spanish word, meaning path; way; route; journey. We now have stocks of the aptly named "Camino Red" pole, so you can take the same inspiration with you every time you go out to Nordic walk!



'Camino Red' Nordic Walking Pole

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Cathedral of Santiago de Compostela

## WORLD NORDIC WALKING DAY



Jenny - Guest Speaker  
World Nordic Walking Day

### Nordic Walking and Exercise Facts

Thank you to everyone who joined us at the World Nordic Walking Day celebrations. Here is a recap on some of the benefits of Nordic Walking & Exercise:

*“Nordic Walking is an intensification and enhancement of regular walking”.*

- ↑ Heart rate by 10 -15 b.p.m compared to walking
- ↑ Energy/calorie consumption 20-25% & >46% with good technique
- ↑ Mobility in upper spine
- ↑ With good technique, NW at 8 k.p.h has the same energy expenditure as running at 10 k.p.h.
- ↓ Perceived exertion. You exercise longer!

### Inactivity Epidemic

Over the last 30 years, significant changes to our lifestyle have meant we have created an energy and movement loss of 6kms per day. This is equal to one full marathon distance per week!

- ↓ In 1985 average walking distance per day was 1200 metres. In 1999 the average had dropped to 700 metres
- ↑ Standing burns 50% more calories, per hour, than sitting
- ↑ 45 minutes of exercise, everyday, prevents weight gain
- ↑ 60 minutes of exercise, everyday, to reduce weight

## NORDIC WALKING CLASSES 2013



The following are our current Auckland classes. Remember to book early to avoid disappointment, as class sizes are kept small.

### PARNELL COMMUNITY CENTRE

Beginners Workshop pt 2: Sat 8 June 9.00 -11.00 am  
<http://www.parnell.org.nz/>

### RANGITOTO COLLEGE - Mairangi Bay

Beginners Workshop pt 1: Sat 15 June 9.00 - 11.00 am  
Beginners Workshop pt 2: Sat 6 July 9.00 - 11.00 am  
<http://rangitoto.learningsource.co.nz/courses/288-nordic-walking>

### AUCKLAND - SOUTH - Acacia Cove Village

Refresher Clinic: Sun 7 July 8.30 - 10.30 am  
Email: [junestevenson@NordicKiwi.co.nz](mailto:junestevenson@NordicKiwi.co.nz)

One to One instruction in Nordic Walking is also available. Contact [junestevenson@NordicKiwi.co.nz](mailto:junestevenson@NordicKiwi.co.nz) for more information.

## GROUPS AND INSTRUCTION

### New Walking Group/Class

“Nordic Link” - Starts Sun 9 June @ 9.00am

Once you have learnt Nordic Walking, this supervised class/group is designed to provide a link to help you start walking regularly and developing your fitness.

Concession card (8 sessions) - \$60.00.

Individual session - \$9.00

Meet at the Auckland Domain, Maunsell Rd (Parnell side of the Museum).

### INSTRUCTORS AVAILABLE:

Auckland, Hamilton, Tauranga, Rotorua, Taupo, Hawkes Bay, Wellington, Christchurch

<http://www.nordicwalking.net.nz/instructors/index.cfm>

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<http://www.nordicwalking.net.nz/>

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