



KIA ORA

Welcome to the new [Nordic Kiwi](#) newsletter.

Spring is well and truly in the air and it's time to dust off your trainers and bring back a little exercise into your life.

New research tells us that inactivity is today one of the biggest health problems in worldwide populations. Sitting for long hours, working at a desk, watching television or using the computer, studies* tell us that not moving around can reduce your life expectancy.

We are designed to move, the body needs to be moving regularly and we all know that exercise is good for us. The more we exercise the healthier our bodies become.

Nordic Walking is a great physical activity and a simple way to exercise. One of the main advantages of Nordic Walking is the fact that it's a total body workout and it's an outdoor activity.

Most of you will already know the technique and why it's such a neat way to exercise, so if you have poles and they've been pushed to the back of the cupboard now is the time to bring them out. Brush up on your technique at one of our classes, or get back into one of our many Nordic Walking Groups in and around Auckland.

*Sitting Time and All-Cause Mortality Risk in 222 497 Australian Adults:
<http://archinte.jamanetwork.com/article.aspx?articleid=1108810>



June Stevenson

**INWA® Certified NZ Nordic Walking National Coach,
Master Instructor and REPs Personal Trainer**

PUT THE SPRING BACK INTO YOUR STEP



Last year we participated in the **Waiheke Walking Festival** and had a tremendous response to our free trials and organised walk.

This year we are pleased to announce that we are back at Waiheke for free Nordic Walking Trials and there is a three hour coastal walk arranged around Waiheke Island for the more experienced Nordic Walkers.

Nordic Walking Free Trials @ Oneroa Beach:

Sunday 28 November 1:00pm

Monday 29 November 1:00pm

Saturday 3 November 3:00pm

Experienced Nordic Walkers: Coastal Walk (3 hours)
Sunday 4 November 9:00am @ Matiatia Wharf

<http://www.waihekewalkingfestival.org/bookings/>

Please book to avoid disappointment.

CONTENTS

WELCOME	1
PUT THE SPRING BACK...	1
NORDIC WALKING CLASSES AND EVENTS	2
GROUPS AND NEW PLACES	2

NORDIC WALKING CLASSES AND EVENTS

We are very lucky to have some fabulous places to teach in Auckland. The following are our current Auckland classes, which are fun and kept small. Remember to book early to avoid disappointment as class sizes are restricted.

PARNELL COMMUNITY CENTRE

Beginners Workshop pt 1 Sat 27 Oct 9:00 - 11:00am
Beginners Workshop pt 2 Sat 24 Nov 9:00 - 11:00am
<http://www.parnell.org.nz/>

OREWA

Beginners Workshop pt2: Sat 27 Oct 1:30 - 3.30pm
<http://www.nordicwalking.net.nz/classes.cfm>

CORNWALL PARK

Free Trials: Wed 14 Nov 6:00pm @ Band Rotunda
 Sun 18 Nov 2:00pm @ Band Rotunda
<http://www.nordicwalking.net.nz/classes.cfm>

ONE TREE HILL

First Steps Beginners Course: Wed 21 Nov - 12 Dec
 (4 weeks) 6.00 - 7.15pm
Beginners Workshop pt 1: Sun 25 Nov 2:00 - 4:00pm
Beginners Workshop pt 2: Sun 9 Dec 2:00 - 4:00pm

Please register: <http://www.nordicwalking.net.nz/classes.cfm>



Jubilee Building Parnell



One Tree Hill

GROUPS AND NEW PLACES

AUCKLAND PARKINSONS & NEUROLOGICAL GROUP

Tuesdays 11:00am. (Assessments required prior to joining)
fleur@ropeneurorehab.co.nz

NEW PLYMOUTH

Free Trials: Thursday 8 November @ 6:00pm.
 Friday 9 November @ 6:00pm.
Beginners Workshops: Sat 10 Nov 9:30 - 11:30am
 Sun 11 Nov 9:30 - 11:30am

(Venues to be advised)

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

CLASSES NOW AVAILABLE:

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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