**Nordic Walking**

**General information**

Nordic Walking is an activity suitable for anyone of any age or fitness level – the ideal way to ensure that everyone can join in your Community Games. The only special equipment required is a pair of Nordic Walking poles and these will be available to borrow from a qualified Nordic Walking instructor who will be leading the Nordic Walking activities on the day.

Nordic Walking is still relatively new to the UK and is growing rapidly in popularity. Its “secret weapon” as a form of exercise is that you don’t feel as though you have worked as hard as you have, making it particularly appealing to people who don’t feel that exercise is for them. But don’t forget that it has its origins as a form of training for cross country skiing so it’s great for more sporty people too.

Nordic Walking is a sociable activity that gets people talking – a fun way to get everyone involved in your Community Games.

**Come and Try/Taster Sessions**

Nordic Walking is different to walking with hiking poles – it has a special technique using Nordic Walking poles. People can start to learn the technique in a short taster session with an experienced British Nordic Walking instructor.

Your Nordic Walking instructor will bring a big bag of teaching poles so that everyone will be able to enjoy a taster session.

There is no special clothing required – if participants are dressed for sporting activity or a walk in the park that will be fine. Trainers or walking shoes are all that is needed for footwear; flip flops or heels should be avoided.

**Fun competitions**

British Nordic Walking has developed a series of game ideas for instructors to use with ideas to help them tailor Nordic Walking to your event, depending on the location, timing, space available and expected audience. They can choose from Nordic Scrabble, Nordic relay races – or put a “Nordic Nockout” package together for even more Nordic Walking fun. Some of the competitions will need additional equipment such as bean bags or balloons – nothing expensive or difficult to get hold of.

If it suits your Games better to simply take a Nordic Walking tour around your area that can work well too.

We’d suggest that everyone who joins in gets a Nordic Walking certificate to reward them for trying something new and our instructors will be given a template to use. Other rewards can be devised according to the format of your Community Games.

**To find out more…**

For more information please contact Catherine Hughes of British Nordic Walking on [catherine@britishnordicwalking.org.uk](mailto:catherine@britishnordicwalking.org.uk). Catherine will be able to match you up with a local, qualified Nordic Walking instructor or you can check on www.britishnordicwalking.org.uk