

Nordic Walking in Sunderland

Nordic Walking is one of the fastest growing exercise activities in the UK and it is now available in Sunderland!



Nordic Walking is a highly effective, affordable and fun method of becoming more active and improving your health and well-being.

All walks are led by trained Activators and are suitable for everyone, regardless of age or current fitness level.

Nordic Walking uses special Nordic poles which offer the following physical benefits:

- The use of poles means the upper body muscles are used as well as the legs
- The poles help to propel the walker along - this means he/she works harder than usual yet the support given by the poles makes it feel easier!
- Tones the upper and lower body at the same time
- Uses 90% of the body's muscles
- Burns up to 46% more calories than ordinary walking
- Ideal for neck, shoulder and back problems
- Reduces the pressure on knees and joints

To gain the greatest benefits from Nordic Walking, it is important to learn the correct technique. All participants must take part in a free introductory session before attending a led walk. Introductory sessions and walks take place on the following days:

Day	Location	Introductory session - Free	Led walk - £2
Monday	Silksworth Sports Complex, Sunderland SR3 1PD Meeting point: Ski Centre building	12.30pm - 1.00pm	1.15 - 2.30pm
Tuesday	Washington Wetlands Centre, Washington, NE38 8LE Meeting point: Car Park	1.30pm - 2.00pm	2.15pm - 3.30pm
Wednesday	Sunderland Marina, Sunderland, SR6 0PW Meeting point: Marine Activity Centre	9.30am - 10.00am	10.15am - 11.30am
Saturday	Herrington Country Park, Penshaw, Houghton-le-Spring, DH4 7EL Meeting Point: Car Park	9.00am - 9.30am	9.45am - 11.00am

Walking poles are provided for use but participants are reminded to wear suitable clothing and footwear and also bring along a bottle of water.

Nordic walking is suitable for all adults but if you have concerns about your health please speak to a GP before commencing a physical activity programme.

For more information relating to Nordic Walking, or Active Sunderland, please visit www.activesunderland.org.uk or telephone 0191 561 4713.