



Nordic Walking (Outdoor Adventures (Human Kinetics))

Malin Svensson

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Get ready for a new outdoor adventure by joining the more than 8 million people who have picked up their poles and headed outside. Outdoor enthusiasts will find all the information they need for exploring everything from city streets to mountain tops in *Nordic Walking*. Developed in Finland, Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. An engaging activity, Nordic walking can be practiced in a variety of outdoor settings: city sidewalks, parks, sandy beaches, and hiking trails through mountains or deserts.

Written by International Nordic Walking Association coach Malin Svensson, *Nordic Walking* presents the basics you need in order to get started right away. The book provides information on walking correctly both with and without the poles to ensure an injury-free experience as well as using the poles correctly so that you can reap all the physical benefits of the activity. You'll also learn techniques for climbing and descending during your walk. Once you've mastered the basics, Svensson helps you build your skills so you can move on to more challenging walks.

Nordic walkers enjoy the benefits of a full-body workout. The activity improves balance, increases upper-body strength, and takes stress off the joints and low back, making it safe and effective for exercise novices, elderly or obese people, pregnant women, and rehabilitation patients. Fitness walkers will find that they burn up to 46 percent more calories without feeling as though they're putting forth any extra effort, and athletes can enjoy an alternative cross-training option with strength and endurance benefits. *Nordic Walking* teaches you how to structure a workout and then step up your workouts with various pole techniques and additional intensity-building tips. Exercises and helpful suggestions will keep you fit and focused on the activity year-round.

Packed with over 140 photos, *Nordic Walking* offers essential information on etiquette and safety considerations and tips for selecting the correct gear and apparel. The book also presents seven walking wonders worldwide, with insider tips on exciting and beautiful places to walk while traveling, as well as a list of Web sites of instructors, organizations, and events that will help you plan your own adventures in the United States and around the world.

Adaptable, effective, and fun, Nordic walking is an outdoor adventure with something for everyone. Whether you are looking for a new way to spend time outdoors or want an enjoyable new workout, Nordic walking is the perfect activity for you.

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