

## TRY NORDIC WALKING FOR *FREE*

Come and try one of the most sociable and effective exercise techniques around and enjoy the benefits it brings:

- Total Body Workout
- Strengthens upper and lower body
- Burns more calories compared to regular walking
  - Gentle on joints
- Effective, Enjoyable and Sociable
- One of the fastest expanding outdoor activities in Europe



Nordic walking is a great outdoor fitness activity that you can enjoy with friends or on your own. It is one of the fastest growing outdoor fitness activities in Europe. Using specially designed poles and with the correct technique you can expect to increase calories burned by up to 46% compared to normal walking. Nordic Walking works both your upper and lower body at the same time.

You can expect to increase leg, arm and back strength as well as improving the health of your heart and lungs.

You are invited to try a class for *FREE* – call me to book in at one of the following:

Monday at Hindon 9.30 a.m.  
Thursday at Wincanton (Stoke Trister) 10.00 a.m.

**Viv 077 614 516 56**

*Also available:  
Weekend beginners' courses at £15 for 2 hours, including pole rental- contact me for dates*