

# THE NORDIC POLE

April 2010



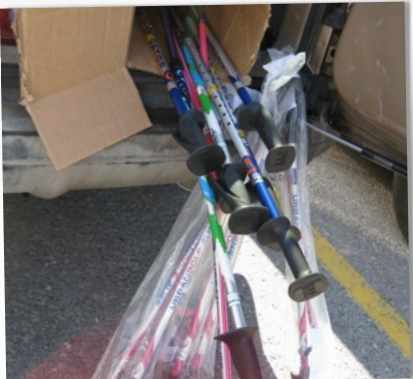
WENDI WELCOMES NEW MEMBERS TO NORDIC WALKING! WE'RE ON THE MOVE!

## THE SURE SIGNS OF SPRING!

Although surprisingly early this year, spring is here to enjoy! And the members of Nordic Walkfit know what that means... getting back onto the paths with poles in hand, new friends to meet, and personal goals to reach. Yes, we are seeing the sure signs of spring.

The birds (oh, those geese... oops, watch where you step!), the spring blooms and of course the warm sunshine are all here to encourage us on our walks. We continue to walk even when there is liquid sunshine! After all, it is spring!

Many members are gearing up to participate in the array of walks, runs, and marathons offered by numerous organizations this spring. Opportunities abound to get you out with your poles! So welcome to the surest sign of spring... large groups of enthusiastic Nordic Walkfit walkers!



NEW POLES



RED-WINGED BLACKBIRDS



EARLY TULIPS

# CONGRATULATIONS, LYNNE!

On March 28th, Bushtukah held a very successful S.W.E.E.T. (Sporty Women's Empowering Evening of Tips and Advice) evening. With approximately 350 women in attendance, it was a memorable evening featuring a fashion show, punch, desserts/fruit trays, 18 door-prize draws of clothing and equipment, and 3 keynote speakers.



As mentioned in our last issue of the Nordic Pole, our very own Nordic Walkfit instructor, Lynne Jenkins, was featured as one of the keynote speakers. Some women from our Nordic Walkfit group were able to attend S.W.E.E.T. to hear and support Lynne.

As a keynote speaker, Lynne was very sincere and inspiring as she spoke about her sister's fight with cancer. Lynne recounted how her sister's determination and strength to fight, gave her the strength and purpose to cycle for a great cause: to bike for kids with cancer. Unfortunately, Lynne's sister eventually lost her battle, but Lynne took up the cause and biked across Canada with 'Coast to Coast' and 'Ride for Kids' raising funds and awareness for children with cancer. We are all very proud of Lynne Jenkins and appreciate her drive and passion as she works with us to promote health and fitness. Bravo, Lynne!

P.S. from Wendi... I won a cycling jacket and padded shorts worth over \$300.00 and the entire evening was free!!!

## THANK YOU NORDIC WALKFIT MEMBERS!

A BIG "Thank you" to all of our Nordic Walkfit Members for your enthusiastic response to our spring line-up of classes. To our new members, "WELCOME!" Thank you for signing up in advance of our classes. If you haven't signed up for the second session of spring classes, you may wish to use the registration form at the end of this newsletter. Classes are filling up quickly, so to ensure your spot, please complete the form as soon as possible and mail it to Wendi Paterson. Details about the classes and necessary waivers are linked from the registration form to [nordicwalkfit.com](http://nordicwalkfit.com) website.

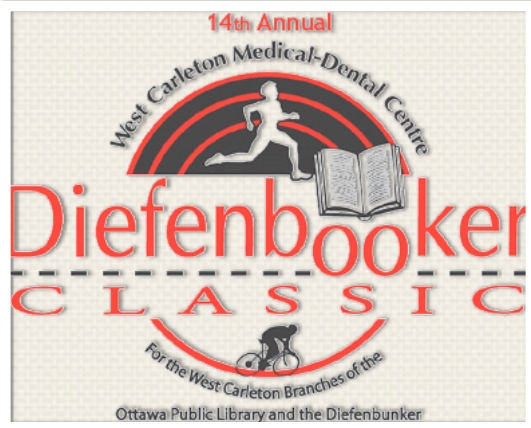
**ATTENTION ALL WALKERS:** Please make sure that you complete the Emergency Contact Form and carry it with you on all walks. This form is available at [http://www.nordicwalkfit.com/forms/Emergency\\_Contacts.pdf](http://www.nordicwalkfit.com/forms/Emergency_Contacts.pdf)

|                              |               |
|------------------------------|---------------|
| EMERGENCY CONTACTS FOR _____ |               |
| Address:                     |               |
| Home Phone:                  |               |
| O.H.I.P. No.                 |               |
| Contact #1                   | Contact #2    |
| Name:                        | Name:         |
| Relationship:                | Relationship: |
| Work Phone:                  | Work Phone:   |
| Home Phone:                  | Home Phone:   |
| Cell Phone:                  | Cell Phone:   |

# NEWS & UPCOMING EVENTS

## **ATTENTION NORDIC WALKFIT MEMBERS**

Class participants of Nordic Walkfit get 10% off most items at Sports 4 and Bushtukah. Don't forget to mention this when you make purchases from these stores!



## **Diefenbooker Classic Race**

Sat May 2 5k and 10k  
will be timed with chips.

Check their website for all the details and registration information: <http://diefenbookerclassic.ncf.ca/Diefenbooker2010/index.html>

## **PUTTING ALL THOSE WALKING KILOMETERS TO GOOD USE**

Pam Logan from the Canadian Wildlife Federation wrote NordicWalkfit.com asking for our help with the federation's initiative to encourage Canadians to get outdoors for some exercise and experience wildlife in their area, then go on-line and log their walk at [NationalWildlifeWeek.com](http://NationalWildlifeWeek.com). There is no registration fee or pledge drive. From now until May 22<sup>nd</sup>, the federation will be keeping count of walk kilometres. Their goal is to log enough kilometers to walk across Canada and create national awareness about wildlife conservation.

So please take a few minutes after your walk and log your kilometers at [NationalWildlifeWeek.com](http://NationalWildlifeWeek.com). Together, we can make a difference!

If you have any questions or would like more details, please do not hesitate to contact Pam Logan [pamelal@cwf-fcf.org](mailto:pamelal@cwf-fcf.org) or (613)599-9594 ext. 250.

## **RUN OTTAWA - RACE WEEKEND**

**Saturday May 29, 2010**

**Sunday May 30, 2010**

Secure your registration for 2010 as races are filling up quickly. The Marathon is **90% full**, 5K is **62% full**, 2K is **47% full**. Click here to [register](#)

**Half Marathon + 10K races - SOLD OUT.**

# RESEARCH NEWS!

*A great article about the latest research behind walking at a moderate pace and how it can lower your risk for stroke. It's an article all women should read.*

## **Walking lowers stroke risk for women: study**

*Results suggest level of activity affects blood pressure benefit*

BY LAURA STONE, CANWEST NEWS SERVICE - APRIL 7, 2010

Women over 45 who walk for a couple hours a week or travel at a brisk pace are at a lower risk for stroke, according to new data.

The study, published Tuesday in *Stroke: Journal of the American Heart Association*, found that women who usually walked briskly at about five kilometres per hour had a 37 per cent lower risk for any type of stroke and those who walked for two hours or more a week were at a 30 per cent lower risk.

While other data have found vigorous physical activity also reduces stroke risk in men and women by about 25 to 30 per cent, this long-ranging study spanning 12 years and almost 40,000 mostly-Caucasian women over 45, did not come to that conclusion. Instead, it discovered that certain types of walking could be more successful in lowering blood pressure.

"It was a bit surprising that vigorous activity wasn't associated with reduced stroke risk in this study," said Jacob Sattelmair, a doctoral student at

Harvard School of Public Health and one of the study's authors.

However, that could simply be because the women who were studied were not as keen on activities such as running or cycling, and spent more time walking.

"Walking was more popular compared to vigorous activity. They were doing it more often," Sattelmair said. "Perhaps moderate intensity physical activity has more favourable benefits for reducing blood pressure, which is related to lowering the risk of stroke."

In the U.S. and Canada, stroke is the third-leading cause of death and a leading cause of disability.

Dr. Michael Hill, a neurologist and spokesman for the Heart and Stroke Foundation in Canada, said the study's findings were to be expected: Exercise is good for the heart.

"If you walk, you do well, and if you don't walk, you don't do so well," Hill said.

He added that the study relied on "self-described" exercise and that's probably why conclusive data regarding vigorous exercise couldn't be determined.

Hill said that active lifestyles generally made for a healthier existence.

"If you look at people who take care of themselves and exercise, they also tend to eat well, and they tend to have a good work/life balance."

The study's researchers followed 39,315 female health professionals, average age 54, for the study, which is supported by the U.S. National Institutes of Health. Every three years, the women reported their exercise or walking habits. Over the course of 12 years, 579 women had suffered a stroke.

More specifically, the study also found that women who walked briskly had a 68 per cent lower risk of hemorrhagic stroke, caused by uncontrolled bleeding in the brain, which was 57 per cent lower for those who walked two hours or more.

The brisk walkers had a 25 per cent lower risk for ischemic stroke, caused by the interruption of blood flow to the brain due to a blood clot, and the two-hour group had 21 per cent lower risk.

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reprinted from The Ottawa Citizen:  
<http://www.ottawacitizen.com/health/Walking+lowers+stroke+risk+women+study/2771019/story.html>

## **CHANGE OF LOCATION WEEK 6 10 AM CLASSES ONLY**

The location of morning classes during week 6 (week of May 17th) has been changed to **Britannia Beach** for Mon, Wed and Fri 10am classes

# 5 Things You Need to Know About the Health Benefits of Quinoa

*In this issue, we will feature QUINOA, an impressively nutritious grain and several recipes to entice you to try it!*

## 1. The Gold of the Incas

Over 5,000 years ago, high in the Andes mountains, the Incas began to cultivate quinoa (pronounced keen-wah) as one of their staple crops, believing that it gave power and stamina to their warriors. Quinoa was also used in their ceremonial rituals. When Spanish conquistadors arrived in South America in the sixteenth century, they burned and destroyed the quinoa fields as part of the effort to annihilate Inca culture. But quinoa survived by growing wild in the mountains or by being cultivated in secret in small quantities. In the 1980s, two North Americans stumbled upon this ancient, super-nutritious food and began cultivating it near Boulder, Colorado. Since then, quinoa's popularity has exploded worldwide.

## 2. Getting to Know Quinoa

Although it is cooked and eaten like a grain, quinoa is technically a seed, and is related to spinach, chard and beets. It grows best in mountainous regions, 10 thousand feet or more above sea level, and thrives in poor soil, thin air and extreme weather. Quinoa stalks are 3 to 6 feet tall, and each plant can produce up to a cup of seeds! The seeds are round, about the same size of millet or sesame seeds, and come in a rainbow of colors, from red to purple to green to yellow, but the quinoa that is most commonly found

in stores is an off-white color. Look for quinoa in the bulk section of natural food stores, or in the organic section of conventional supermarkets.

## 3. A Complete Protein and so Much More

Quinoa is a complete protein, which means that it contains all the amino acids necessary for our nutritional needs. Complete proteins are rare in the plant world, making quinoa an excellent food for vegetarians and vegans, or for anyone looking for healthy protein source. It's also high in iron and calcium, and is a good source of manganese, magnesium and copper, as well as fiber.

## 4. Cooking With Quinoa

Most commercially available quinoa has already been cleaned, but you should still give it a thorough rinsing before cooking to be sure to remove any remaining saponins, a soapy resin that protects the seeds while they are growing, but can impart a bitter taste if not removed. Combine one cup rinsed quinoa to two cups water or broth, bring to a boil, then simmer for 10 to 15 minutes, until the seeds become translucent and the germ of the seed uncoils to form a little "tail." Quinoa has a light, slightly nutty taste and a fluffy texture. It makes a tasty porridge or casserole and can be added to soups and stews.

## 5. The Gluten-free Grain of Choice

Quinoa is naturally gluten-free, making it an excellent food for celiac patients or other people following a gluten-free diet. Quinoa flour is great for baking cookies, breads and muffins, and quinoa flakes are a perfect substitute for oatmeal.

Reprinted from:

[http://www.livestrong.com/article/4695-need-health-benefits-quinoa/?utm\\_source=marnewsletter&utm\\_medium=email&utm\\_campaign=100316](http://www.livestrong.com/article/4695-need-health-benefits-quinoa/?utm_source=marnewsletter&utm_medium=email&utm_campaign=100316)

# RECIPES

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## Quinoa Salad

zest and juice from 1 lime  
3 Tbsp olive oil  
1 tsp sugar  
1 cup whole grain quinoa \*\* (uncooked)  
1 can black beans, rinsed and drained  
2 tomatoes, diced  
half a red, yellow and orange pepper diced  
half a jalapeno pepper diced  
half a cucumber, diced  
4 green onions, chopped  
2 cloves garlic, crushed  
1/4 cup chopped fresh cilantro



Cook quinoa according to package directions. Whisk together lime zest, juice, oil and sugar in serving bowl. Add cooked quinoa, toss, add beans and the rest of the chopped ingredients.



\*\* Costco has a 3 lb bag of organic pre-washed quinoa “truRoots” brand that cooks up in about 15 minutes, just as you would pasta or couscous. 1 cup uncooked quinoa cooks to about 4 cups cooked.

Check out the website <http://www.truroots.com/p.aspx?cont=Products&id=3> for more information and recipes!

# RECIPES

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## Southwestern Sweet Potato and Quinoa Salad

2 1/2 cups cooked quinoa, or 1 cup raw  
1 lb of sweet potatoes  
salt  
1 red bell pepper, cored, seeded, and diced  
1/4 cup minced red onion  
1 avocado  
1/4 teaspoon chipotle flakes or pepper  
freshly ground black pepper  
1/4 cup extra virgin olive oil  
2 tablespoons freshly squeezed lime juice  
1/4 cup minced cilantro leaves



If you don't have cooked quinoa already, put 1 cup of raw quinoa in a saucepan and cover the grains with an inch or so of water. Put it on to boil and once it does, let the quinoa simmer until it is cooked. You can add more water if it needs some, or drain the quinoa if there is any water that hasn't boiled off once it is cooked.

Peel the sweet potato and dice it into 1/2 inch or smaller pieces. Cook the sweet potato in boiling salted water until tender, around 15 minutes, and then drain it well.

Toss together the sweet potato, quinoa, bell pepper, chipotle, avocado, and onion, and sprinkle with salt and pepper. Whisk the oil and fresh lime juice together and toss the salad with half of the mixture, then taste and add more dressing as needed. Squeeze a touch of honey into the dressing to accent the sweet potatoes with fabulous results. Season the salad and garnish with cilantro. This salad recipe feeds 4 people.

## EAT, SLEEP, NORDIC WALK!

If you have any ideas, suggestions, photos or contributions to offer to this newsletter, please drop Mary Tregunno a line at [tregunno1@sympatico.ca](mailto:tregunno1@sympatico.ca).

Previous issues of the *Nordic Pole* are available online at [nordicwalkfit.com](http://nordicwalkfit.com)

# Pre-registration For Nordic Walking

## \*\* Pre-registration for Spring Sessions #1 and #2\*\*

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes which begin April 12, 2010. This will help to ensure that there is room for you. Please note that class sizes vary but the number of poles for loan is limited. Pre-registration guarantees your spot in the class.

Please complete the registration form below and send it along with your cheque, ParQ's, and Waivers to:

Wendi Paterson  
3041 Ridgetop Rd  
Dunrobin, Ontario  
K0A 1T0

## Nordic Walkfit Pre-registration Form - Spring Sessions #1 and #2

Name:

Address:

City:

Postal Code:

Email:

### Session One: April 12 to May 22, 2010.

I would like to register for the following classes:  
(please check off)

### Session Two: May 24 to July 3, 2010.

I would like to register for the following classes:  
(please check off)

|                          |  |                          |  |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Mon. 10:00-11:00 am- Gentle Nordic Walkfit                         | <input type="checkbox"/> | Mon. 10:00-11:00 am- Gentle Nordic Walkfit                         |
| <input type="checkbox"/> | Mon. 10:00-11:00 am- Level 1&2 Nordic Walkfit                      | <input type="checkbox"/> | Mon. 10:00-11:00 am- Level 1&2 Nordic Walkfit                      |
| <input type="checkbox"/> | Tues. 5:30-6:30 pm- Fat Burner Nordic Walkfit                      | <input type="checkbox"/> | Tues. 5:30-6:30 pm- Fat Burner Nordic Walkfit                      |
| <input type="checkbox"/> | Wed. 10:00-11:00 am- Intermediate Butt/Balance/Core Nordic Walk    | <input type="checkbox"/> | Wed. 10:00-11:00 am- Intermediate Butt/Balance/Core Nordic Walk    |
| <input type="checkbox"/> | Wed. 5:30-6:30 pm- Yoga Nordic Walkfit                             | <input type="checkbox"/> | Wed. 5:30-6:30 pm- Yoga Nordic Walkfit                             |
| <input type="checkbox"/> | Thurs. 5:30-6:30pm- Level 1&2 Nordic Walkfit                       | <input type="checkbox"/> | Thurs. 5:30-6:30pm- Level 1&2 Nordic Walkfit                       |
| <input type="checkbox"/> | Fri. 10:00-11:00am- Fat Burner Nordic Walk                         | <input type="checkbox"/> | Fri. 10:00-11:00am- Fat Burner Nordic Walk                         |
| <input type="checkbox"/> | Fri. 10:00-11:00 am- Gentle Nordic Walk                            | <input type="checkbox"/> | Fri. 10:00-11:00 am- Gentle Nordic Walk                            |
| <input type="checkbox"/> | Sat. 9:00-10:00am- 5km, 10km and 1/2 Marathon Nordic Walk training | <input type="checkbox"/> | Sat. 9:00-10:00am- 5km, 10km and 1/2 Marathon Nordic Walk training |
| <input type="checkbox"/> | Sat. 10:30-11:30- Pilates & Tone Nordic Walkfit                    | <input type="checkbox"/> | Sat. 10:30-11:30- Pilates & Tone Nordic Walkfit                    |

### Payment (please make cheques payable to Wendi Paterson)

| Once a week for <b>6 weeks</b>                        | Twice a week for <b>6 weeks</b>                        | Three times a week for <b>6 weeks</b>                  |
|---|--|--|
| <input type="checkbox"/> \$36.00 using your own poles | <input type="checkbox"/> \$69.00 using your own poles  | <input type="checkbox"/> \$103.00 using your own poles |
| <input type="checkbox"/> \$42.00 using our poles      | <input type="checkbox"/> \$81.00 using our poles       | <input type="checkbox"/> \$121.00 using our poles      |
| Once a week for <b>12 weeks</b>                       | Twice a week for <b>12 weeks</b>                       | Three times a week for <b>12 weeks</b>                 |
| <input type="checkbox"/> \$72.00 using your own poles | <input type="checkbox"/> \$138.00 using your own poles | <input type="checkbox"/> \$206.00 using your own poles |
| <input type="checkbox"/> \$84.00 using our poles      | <input type="checkbox"/> \$162.00 using our poles      | <input type="checkbox"/> \$242.00 using our poles      |

(  YES ) (  NO ) I am including a copy of ParQ or waiver available at <http://www.nordicwalkfit.com/Forms.aspx>

(ParQ's and Waivers are required from new participants only or anyone whose health status has changed since the last time they filled one out for Nordic Walking)