

THE NORDIC POLE

June 2011



It's Spring! The Rain Doesn't Stop Us!

Yes, it's spring and it rains quite frequently, but that doesn't curtail our enthusiasm for a good workout! As spring progresses and gets warmer, and hopefully drier, Nordic Walkfit classes will continue with the regular schedule until the end of June.

During July and August, there will be **two** 4 week Summer Sessions: Session One: July 4-27, and Session Two:

August 8-31. Classes will be offered on Monday, Tuesday and Wednesday on a reduced schedule. Participants are requested to check the class line-up on the following page. Remember to pre-register early for the Summer Sessions to ensure your spot in the class/ classes of your choice.

Keeping in mind your personal summer vacation schedules, it will be

easier to select either one or both of the 4 week Summer Sessions to accommodate your fitness needs. So with this early start to planning your summer fitness regime, you should be on your way to continuing to look and feel great! The registration form for the summer sessions can be found on page three of this newsletter. So don't wait... register today!



TOURING STITTSVILLE



NORDIC WALKING FRIENDS



SHARING THE PATHS

Nordic Walkfit Classes - Summer 2011

SUMMER SESSION 1 - 4 weeks - Monday July 4 to Wednesday July 27

SUMMER SESSION 2 - 4 weeks - Monday August 8 to Wednesday August 31

SUMMER CLASSES - [click here for description](#)

- Monday 9:30-10:30am - Fat Burner Nordic Walkfit - Intermediate/Advanced (Wendi)
- Tuesday 5:30-6:30pm - Fat Burner Nordic Walkfit - Intermediate/Advanced (Wendi)
- Wednesday 9:30-10:30am - Nordic Fusion - Intermediate/Advanced (Wendi)

Drop-Ins
Drop-ins are welcome if class size allows.
Please check with Wendi first.
\$10.00 drop-ins with own poles
\$15.00 drop-ins if using our poles

COST (All costs include HST)

4 weeks: (Session 1 or Session 2)

One class per week for 4 weeks: \$32.00 (your poles), \$42.00 (using our poles)

Two classes per week for 4 weeks: \$64.00 (your poles), \$84.00 (using our poles)

Three classes per week for 4 weeks: \$96.00 (your poles), \$126.00 (using our poles)

8 weeks: (Session 1 & 2 combined)

One class per week for 8 weeks: \$64.00 (your poles), \$74.00 (using our poles)

Two classes per week for 8 weeks: \$128.00 (your poles), \$148.00 (using our poles)

Three classes per week for 8 weeks: \$192.00 (your poles), \$222.00 (using our poles)

****Cheques preferred with mailed in pre-registration.****

Send pre-registration form, [ParQ's, and Waivers](#) and cheques to:

Wendi Paterson
3041 Ridgetop Rd
Dunrobin, Ontario
K0A 1T0

Pre-registration For Nordic Walking - Summer

** Pre-registration for Summer Sessions I&2 2011 **

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes. Session 1 begins Monday July 4 , and Session 2 begins Monday August 8. 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 - [Summer Sessions I&2 2011](#)

Name:

Address:

City:

Postal Code:

Home Phone:

Email:

Summer Session I - 4 weeks: Monday July 4 to Wednesday July 27, 2011.

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

Choice	Date and Time	Class
_____	Mon. 9:30-10:30 am	Fat Burner Nordic Walkfit - Intermediate/Advanced- (Wendi)
_____	Tues. 5:30-6:30 pm	Fat Burner Nordic Walkfit - Intermediate/Advanced (Wendi)
_____	Wed. 9:30-10:30 am	Nordic Fusion - Intermediate/Advanced (Wendi)

Summer Session 2 - 4 weeks: Monday August 8 to Wednesday August 31, 2011.

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

Choice	Date and Time	Class
_____	Mon. 9:30-10:30 am	Fat Burner Nordic Walkfit - Intermediate/Advanced- (Wendi)
_____	Tues. 5:30-6:30 pm	Fat Burner Nordic Walkfit - Intermediate/Advanced (Wendi)
_____	Wed. 9:30-10:30 am	Nordic Fusion - Intermediate/Advanced (Wendi)

Payment (please make cheques payable to Wendi Paterson)

Once a week for 4 weeks	Twice a week for 4 weeks	Three times a week for 4 weeks
___ \$32.00 using your own poles	___ \$64.00 using your own poles	___ \$96.00 using your own poles
___ \$42.00 using our poles	___ \$84.00 using our poles	___ \$126.00 using our poles
Once a week for 8 weeks	Twice a week for 8 weeks	Three times a week for 8 weeks
___ \$64.00 using your own poles	___ \$128.00 using your own poles	___ \$192.00 using your own poles
___ \$74.00 using our poles	___ \$148.00 using our poles	___ \$222.00 using our poles

(__ YES) (__ NO) I am including a copy of Par-Q 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)

More Upcoming Walking Festivals!

Graham Fawcett, the Co-Chair of Ottawa International Walking Festival wishes to bring to the attention of Nordic Walkfit members, that in addition to the October event which we have attended, there are now two other walking festivals which they are promoting for our training purposes and participation.

MAY 2011

This month, there are the Tulip Festival walks from the RA Centre and Major's Hill Park. The dates are May 21-23, with distances from 5 km to 21 km, depending upon the day.

Information here: http://www.wvao.ca/WVAO/Scheduled_Events_%5BJan-May%5D.html

JULY-AUGUST 2011

In July - August there is the National Capital Walkfest from July 30 - Aug 1, again with distances from 5 km to 21 km.

Information here: http://www.wvao.ca/WVAO/Scheduled_Events_%5BJun-Jul%5D.html and http://www.wvao.ca/WVAO/Scheduled_Events_%5BAug-Sep%5D.html

OCTOBER 2011

In October, it's the **4th Annual Ottawa International Walking Festival** from Oct 22 & 23, from the Ron Kolbus Centre. This will be the last year for a while that this event will be in October, as we have already scheduled that festival for September in 2012 and 2013.

Information here: http://www.wvao.ca/WVAO/Scheduled_Events_%5BOct-Dec%5D.html and <http://oiwf.wikidot.com/>

Graham reported that the registration for the 4th Annual Ottawa International Walking Festival has not yet been opened up but will be soon. Graham expressed his appreciation to the members of Nordic Walkfit for our participation last year and hope to see us again this year at all of the festivals.



Nordic Walkfit Members At The International Walking Festival October 2010

The Importance of Stretching

The best time to stretch is when your muscles are warm so a great time to stretch is after your Nordic Walk workout.

HOLD YOUR STRETCHES A GOOD 15 TO 30 SECONDS AND REPEAT EACH STRETCH 2 TO 3 TIMES!

Try to hold your stretches a good 15 to 30 seconds and repeat each stretch 2 to 3 times especially if you find tightness.

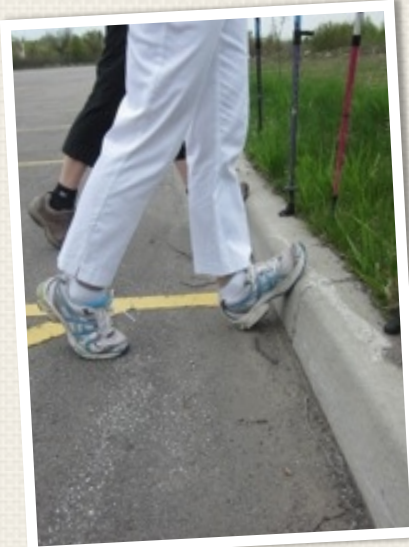
You don't want to feel pain while stretching but a moderate tension or stretch.

Make sure you ease into a stretch before you hold and then ease out.

Stretches can be done daily.

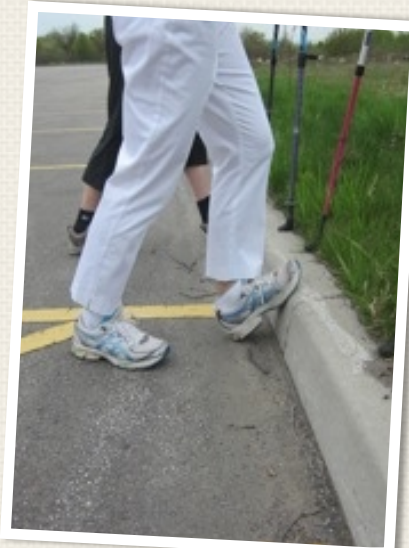
In the following pages, you will find some simple stretches that you can do after your walks.

**Many thanks to Sharon Nodelman and Wendi Paterson for demonstrating the different stretches. Thanks also to Wendi for providing the information and instructions for stretching.



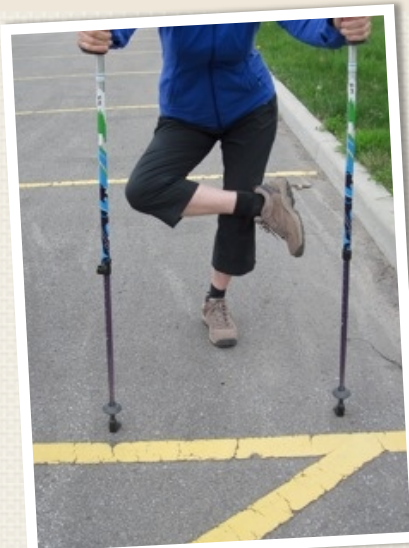
CALF STRETCH 1

- Primary focus- Gastrocnemius, achilles tendon, foot
- With poles planted in front and arms out stretched, place the heel of your left foot on the ground with upper part of foot against a curb or wall etc.
- Lift the heel of your right foot so that your body moves slightly forward.
- Hold the stretch then repeat using other leg.



CALF STRETCH 2

- Primary focus - soleus (deeper calf muscle)
- Same as above but bring your right foot closer to the curb and keep it planted flat on the ground.
- Press your left knee forward with foot against the curb.



GLUTE STRETCH

- With poles planted in front, bring right ankle to top of left knee.
- Allow that knee to fall out to the side.
- Slowly sit back until you feel a moderate stretch in right glute.
- Hold the stretch then repeat using other leg.

Why Stretch?

As our bodies age, we become less flexible and therefore at higher risk of injury. It should be part of every workout/ activity.

Some reasons why we need to stretch:

1. to decrease stiffness
2. to increase range of motion
3. to improve posture
4. to help reduce or manage stress
5. to reduce tension
6. to increase circulation
7. to decrease risk of lower back pain

Mistakes to Avoid

Here are some common stretching mistakes to avoid:

- Do not bounce during a stretch.
- Do not stretch a muscle that is not warmed up.
- If a stretch hurts, ease up. Do not strain or push a muscle too far.
- Do not hold your breath while stretching.

Soothing Sore Muscles

If you notice soreness after a workout:

- Ice sore area immediately after a workout.
- Stretch- some easy, gentle stretches can help,
- Dissolve 2 cups epsom salts in a warm bath and soak.
- Roll out stiff areas using a foam roller.
- Massage the area.



FRONT QUAD STRETCH

- Make yourself into a 'human tripod' by holding both handles in left hand and pole boots/tips separated on the ground.
- With right hand, take hold of either ankle, sock, pant leg or shoe of right side.
- Try to stand tall with spine in alignment and abdominals drawn in.
- Keep your left knee slightly bent.
- Hold the stretch then repeat using other leg.



HAMSTRING STRETCH

- Place left heel on the ground in front.
- With arms outstretched, abdominals tucked in, spine in alignment, sit back.
- Keep right knee flexed.
- Hold the stretch then repeat using other leg.



CHEST STRETCH

- Place both poles behind your back.
- Brace the abdominals, stay tall and pull your shoulder blades back, while gently bending elbows.
- Keep shoulders down and relaxed.
- Both knees slightly bent.
- Try to keep chin from jutting forward.



TRICEP STRETCH

- Place one or both poles in right hand and place behind back.
- With the left hand behind your back, hold onto bottom of poles.
- With left hand, gently pull right arm down until you feel a gentle stretch in right tricep.
- With abdominals in, stay tall and keep chin from jutting forward.
- Keep knees slightly bent. Hold the stretch then repeat using other arm.



UPPER BACK STRETCH

- Tuck poles safely by your side and take your partners opposite hand or wrist.
- Slowly sit back in your squat position with weight resting in your heels.
- Draw abdominals in or "braced" while keeping your back flat.
- Hold the stretch then repeat using other arm.

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.

Previous issues of the *Nordic Pole* are available online at nordicwalkfit.com