



How To Lose Weight In Menopause and After

Weight problems are often on our minds. I found an interesting article on this website "weight-loss-for-women-over-50.com" Read on to find out how Nordic Walking can benefit you.

Sandrine

“Nordic walking, which uses specially designed walking poles, is a fantastic, low-impact way to lose weight and keep fit and is particularly appropriate for people who find strenuous exercise methods difficult or for whom such methods are not advisable.

Nordic walking is gentle enough for doctors to consider it suitable and beneficial for the elderly, for pregnant women and for patients in rehabilitation after a heart attack and patients with COPD. People with Parkinson’s disease experienced an improvement in disability symptoms after training in 70-minute sessions three times a week for six months. Researchers who looked at its use by women with fibromyalgia found that unlike some more demanding forms of exercise, it did not cause increased flare-ups of the disease.

Nordic walking preferred over normal walking by obese middle-aged women

A research team at the University of Trento in

Italy compared a program of normal walking with a program of Nordic walking in obese middle-aged women. Both groups were asked to attend three training sessions a week for twelve weeks. Over the whole three months of the program, women in the Nordic walking group had a better attendance rate at the training sessions. This suggests that they found this way of exercising more satisfying than simply walking.

When the scientists looked more closely at the physiology and psychology of what was happening they found two interesting facts. Firstly, the women’s perception of the heart rates and deeper breathing than the ordinary walkers. This means that Nordic walking provided a better cardiovascular workout (and thus also better fat-burning activity) than normal walking.

[Ref: Efficacy of Nordic walking in obesity management by H. Figard-Fabre and colleagues, published in International Journal of Sports Medicine, June 2011 Jun, vol. 32 pages 407-14.]



This month, I taught Nordic Walking to a nice group of ladies from Te Awamutu. I was also invited by Gabby Byrne, Waipa Active and Well Coordinator with Sport Waikato, to present Nordic Walking to her group.



Winksmith Nordic Walking supports Arthritis NZ. The next Arthritis Marathon will take place in Hamilton on 12 August 2012. Registration is already open and you can download your form at: <http://www.allaboutsports.co.nz/2012-arthritis-new-zealand-marathon/>

I participated last Year as a Nordic Walker and walked the ½ marathon distance. It was a very nice atmosphere and a beautiful day. Join me this Year or help Arthritis NZ as a volunteer.



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Fitness Class

The Nordic Walking Fitness Class, which runs on Thursday morning at 9.15am for 90 minutes, suits Nordic Walkers with prior experience who want to get their heartbeat up. The class starts with a warm-up and ends with a warm-down at the Te Rapa SportsDrome. It varies between the Waikato River path, Pukete and Flagstaff areas.



SportsDrome



Ashurst Park



Footbridge



River Path

For more information about the classes Winksmith Nordic Walking offers, please visit <http://nordicwalking.winksmith.com/>

Share this newsletter with your friends or health providers. Nordic Walking is a wonderful sport with many benefits.

