



# Nordic Walking: The Complete Guide to Health, Fitness, and Fun

*Claire Walter*

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**Nordic Walking**

*The Complete Guide to Health, Fitness, and Fun*

**A primer to one of Europe's hottest fitness activities, this is the first major book about this easy, fun, and effective new sport**

Nordic Walking, a type of fitness walking with poles, was developed in Finland in 1997 and spread across much of Europe. Today more than 6 million people worldwide engage in Nordic Walking regularly, and participation is growing fastest in the United States. The 87.5 million Americans who already walk for fitness have been coming to Nordic Walking in droves.

The motion is similar to cross-country skiing or snowshoeing but without skis, snowshoes, or snow—and akin to the Nordic-Track, Crosswalk Treadmill, and other apparatus but done outdoors in the fresh air and scenery. Easy to learn and easy on the budget, Nordic Walking can be done anywhere and has many advantages over regular walking, including:

- The specially designed, lightweight poles relieve some of the stress on the ankles, knees and hips and transfer it to the upper torso, making it a full-body workout.
- Nordic Walking burns up to 45 percent more calories than walking without poles.

It is equally effective for new exercisers just off the couch, dedicated walkers, long-time runners who are now trying to favor their knees, anyone rehabilitating from an injury, and even too-sedentary seniors. Nordic Walking is a recreational and fitness activity for the 21st century—and *Nordic Walking* the first complete guide to how to get started with this fun and healthy new sport.

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