



NORDIC WALKING

low impact • high results • total body fitness

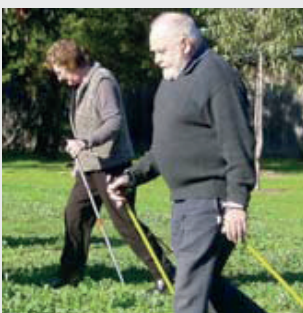
Undertake Certified Training with Nordic Academy



Cross Training



Weight Loss



Chronic Disease Self Management



Total Body Fitness



Injury Rehabilitation

Why Nordic Walking in Exercise Physiology?

Nordic Walking is a low impact, high results form of total body fitness which offers people of all ages and fitness levels an impressive variety of benefits; from sports cross training, to injury rehabilitation, to weight loss and chronic disease management. Discover for yourself how this low investment activity can achieve fantastic results for you, your clients and your organisation or business.

Certified Training - Your First Step

Nordic Academy's 1½ day Nordic Walking Training is designed to equip health & fitness professionals with the necessary knowledge and skills to conduct successful and sustainable Nordic Walking classes and programs.

The Training Package

- Pair of diamond carbon Nordic Walking poles (\$189 value)
- Comprehensive course manual
- Video analysis of personal technique
- Facilitated by international Master Trainer
- Accredited with ESSA, Fitness Australia, Aust Pilates Method Assoc, Aust Lifestyle Medicine
- Eligibility to Nordic Academy's Professional Membership Program

13 CPD Points

Training Package Price: \$540

About Nordic Academy

Nordic Academy are Australia's Nordic Walking Professionals, being the recognised authority and leading national provider of quality training, equipment and resources. It was founded in 2005 by two international pioneers of the activity, Patrick Burtcher and Maree Farnsworth.

Nordic Academy's vision is to share the health benefits and enjoyment of Nordic Walking with as many others as possible.

Nordic Walking helps with:

- clients' chronic disease (self) management (in diabetes, arthritis, obesity)
- balance issues and falls prevention
- improving co-ordination
- scoliosis of the spine
- challenge and learning of a new movement pattern
- looking for low impact exercise
- preparation for hip / knee replacements
- walking / running gait analysis and improvement
- injury prevention for off-season athletic training
- inclusive group fitness classes
- improving trail running athletes' performance
- reducing stress and tension held in the body

"The training was very informative, quite challenging and delivered at a high level suitable for exercise and sports scientists. The presenter also ensured that a lot of fun was included!" EP Theresa Ockenden, Sydney, NSW

Spring 2018 / Autumn 2019
Training in all Capital Cities

[CLICK HERE FOR MORE INFO](#)

To register or find out more FreeCall 1300 791 740
or visit www.nordicacademy.com.au



nordic academy
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