

# NORDIC KIWI

ISSUE 6

Summer 2013

## WELCOME TO SUMMER

“How’s your year going?” It seems more appropriate to ask “where has your year gone?” It is best to start on a job as soon as you think of it; otherwise it falls into the ‘round-tuit’ basket. Health & fitness needs to be in the ‘on-tuit’ basket, as it won’t wait patiently for you. Some new Nordic Walkers have become ‘on-tuits’ in 2013 and are training for the ‘Walking Stars’ half marathon, which is a fund raiser for the Cancer Society. Maintaining a healthy lifestyle can reduce the incidence of Cancer, so well done to the 2013 ‘on-tuits’!

Best regards, June

## VENICE BELONGS TO NORDIC WALKERS



Well, for a day! The third ‘nordicwalkinvenice’ was held on Sunday, 23 September. Approximately 900 determined Nordic Walkers swerved, ducked, squeezed and stalked their way from the Stazione di Venezia Santa Lucia (Railway Station) to the Giardini Pubblici (Public Gardens), completing either a 10km or 16km route.

An estimated 60,000 tourists visit this iconic area, every day. The routes took us away from the heavy tourist areas of San Marco Square and the Rialto Bridge. We found ourselves in parts of Venice that the tourists do not go (unless they are lost). The participants were mainly from Italy, Germany and Spain but there were other languages and accents sprinkled throughout the groups, including two Kiwis!



*Nordic Kiwi Nordic Walking is planning a guided Nordic Walking tour of London, Venice & Barcelona in 2014. Please contact us to register your interest!*

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## New Zealand’s First Night Half Marathon

Our “Nordic Kiwis” team is walking to remember those people who have succumbed to Cancer and also to celebrate those who have survived. Nordic Walking is a valuable rehabilitation exercise and many of our team are cancer survivors. You can meet the team and read some of the personal comments at the following link:

<https://walkingstars.everydayhero.com/nz/nordic-kiwis>

*“Walking Stars” also gives us an opportunity to fundraise. If you would like to make a donation, we will carry the remembrance or survivor dedication with us, so please personalise your donation with a short message. If you wish us to carry a photo of your loved one, please send to [junestevenson@NordicKiwi.co.nz](mailto:junestevenson@NordicKiwi.co.nz)*



**NORDIC WALKING & HEALTH TIPS**

- Recent research has determined that if you have learnt to Nordic Walk with a certified Instructor, your technique is likely to be 98% correct.
- However, only 25% actively “plant and push”
- Only 9% extend the arm and rotate the torso
- Soft surfaces, such as sand, dirt or grass, improves technique



- Menopausal women suffer increased dehydration
  - Therefore, consideration should be given to supplementing water-soluble vitamins (C & B complex)
- <http://www.ext.colostate.edu/pubs/foodnut/09312.html>



**NORDIC WALKING CLASSES 2013**



The following are our current Auckland classes, which are fun and classes are kept small. Remember to book early to avoid disappointment as class sizes are restricted.

**PARNELL COMMUNITY CENTRE**

Beginners Workshop (part 1) Sat 9 Nov 9.00-11.00 am  
 Beginners Workshop (part 2) Sat 23 Nov 9.00-11.00 am  
<http://www.parnell.org.nz/>

**NORTHCOTE COLLEGE**

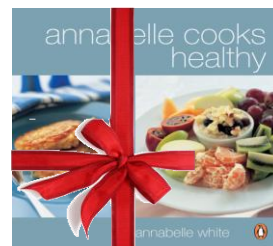
Beginners Workshop (part 1) Sat 16 Nov 9.00 -11.00 am  
 Beginners Workshop (part 2) Sat 30 Nov 9.00 -11.00 am  
<http://www.learn4life.co.nz/>

ONE to ONE instruction in Nordic Walking is also available contact [junestevenson@NordicKiwi.co.nz](mailto:junestevenson@NordicKiwi.co.nz) for more information.

**INSTRUCTORS AVAILABLE:**

Auckland, Hamilton, Tauranga, Rotorua, Taupo, Hawkes Bay, Wellington, Christchurch

<http://www.nordicwalking.net.nz/instructors/index.cfm>



**Christmas gift**

This cookbook written by Annabelle White (an avid Nordic Walker!) will make an absolutely fabulous Christmas gift. The recipes are accurate, delicious and easy to prepare. It is an ideal gift for those who are single, as sometimes making an effort to cook for one leads to bad food choices. *Early bird Christmas price \$20.00 +p&p.* Orders to [junestevenson@NordicKiwi.co.nz](mailto:junestevenson@NordicKiwi.co.nz)

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