



## WELCOME TO 2013

Well what a scorcher!

Summer has given us a fantastic start to the New Year. Many of you have been on holiday and taken your Nordic Walking poles along our beautiful beaches and bush tracks. A great start to your good health and wellbeing!

It's crucial that as we get older we take appropriate steps to stay active. Recently a NZ Government study concluded that physical inactivity may contribute to chronic diseases such as heart disease, cancer and diabetes.

Just in Auckland alone, the direct cost of physical inactivity is \$179 million and indirect cost is \$213 million.'

The cost isn't only shouldered by the government; it's a personal cost to you and your family. Keeping yourself well and healthy is an investment for a longer life and a happy outlook.

<http://www.newstalkzb.co.nz/auckland/news/524410847--1-3b-price-tag-for-nz-s-physical-inactivity>

## So What Happens When We Get Fit?

The daily physical and mental demands on the body require us to have a good level of fitness. Approximately 35 physiological changes occur within your body and studies conclude that regular exercise acts as a "cardio protective" mechanism where fitter people can reduce their risk of cardiovascular events. The negative effects of diabetes are also reduced due to the effective utilisation of carbohydrate and fats.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2735426/>

The World Health Organisation Recommends:

- Adults (18-64) 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise or an equivalent combination of both, per week.
- Activity should be performed in bouts of at least 10 minutes duration.
- For additional health benefits, increase moderate-intensity to 300 minutes or 150 minutes of vigorous-intensity exercise or an equivalent combination of both, per week.
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

[http://www.who.int/dietphysicalactivity/factsheet\\_adults/en/index.html](http://www.who.int/dietphysicalactivity/factsheet_adults/en/index.html)

Maintaining fitness requires regular, activity and exercise habits. Look for opportunities to move, rather than viewing it as an inconvenience. The benefits of fitness won't work ... unless you do!

## CONTENTS

WELCOME	1
STIRLING SPORTS EVENT 2013	1
NORDIC WALKING CLASSES 2013	2
GROUPS AND INSTRUCTION	2
ROTOTRUA HALF/QUARTER MARATHON	2
WORLD NORDIC WALKING DAY	2

## The Stirling Sports Event 2013



Mavis, Jenny and Kara

## Half Marathon & 11 km Run & Walk Organised By Calliope Athletic And Harrier Club Inc

Congratulations to everyone who took part in the Stirling Sports event. All participants did well with many people improving their finishing times.

Jenny was one of our Nordic Walkers who took part in the Training Squad Classes and was very pleased with her performance:

Hi June,

*I have just got home and checked ... I did it (half marathon) 10 minutes faster than last year - Thank you. I really enjoyed the training and as you can see from my time improvement it certainly benefited me. Even if I'd done a slower time, I would still do the training again, because, after all, it's how you are on the day. But of course you had prepared us well to be ok on the day. Within a shortened built-up time, you put together a really interesting and enjoyable training schedule which certainly helped us develop stamina and improve our speed. Also you gave us valuable pointers on our technique. It was great going to different parts of Auckland and meeting new people to train with and the supportive bond that everyone had for each other. So thank you and Paul for all your help and support - it was great.*

Kind regards,  
Jenny McKenzie

## 49<sup>TH</sup> ROTORUA MARATHON HALF/ QUARTER AND 5.5 FUN RUN/WALK



The 49th Lion Foundation Rotorua Marathon, Half Marathon, Quarter Marathon and 5.5 km Fun Run/Walk will be held on Saturday the 4th of May.

Entries are coming in quickly as people show their interest for the build up to the 50th anniversary of the Rotorua Marathon.

You can enter online <http://www.rotoruumarathon.co.nz/> or by clicking this link [download an entry form here!](#)

## WORLD NORDIC WALKING DAY 2013



You are invited to participate in the planned Nordic Walk, followed by morning tea, on Sunday 19 May 2013.

This is the third year we have held this event, which is part of the 'World Nordic Walking Day'. Nordic Walking events are planned over a 24 hour period, throughout the World, and New Zealand has the honour of being the first country to start!

Our theme this year is "Green Lungs", focusing on pollution free City walking. We are also endeavouring to incorporate sponsors who are Kiwi-based eco-friendly companies.

Please pass this information onto your walking groups, friends and families.

## 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 pt 1 Sat 18 May 9:00 - 11:00 am

Beginners Workshop pt 2 Sat 23 Mar 9:00 - 11:00 am

Beginners Workshop pt 2 Sat 8 Jun 9.00 - 11.00 am

<http://www.parnell.org.nz/>

### NORTHCOTE COLLEGE

Beginners Workshop pt 2: Sat 6 Apr 9.00 - 11.00 am

<http://www.learn4life.co.nz/>

### RANGITOTO COLLEGE - Mairangi Bay

Beginners Workshop pt 1: Sat 15 Jun 9.00 - 11.00 am

Beginners Workshop pt 2: Sat 6 Jul 9.00 - 11.00 am

<http://rangitoto.learningsource.co.nz/courses/288-nordic-walking>

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

## GROUPS AND INSTRUCTION

### New Walking Groups

#### Acacia Gold

Monday Afternoon 4.00 pm - Meet at Acacia Cove Village, Wattle Downs

### INSTRUCTORS AVAILABLE:

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

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

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<http://www.nordicwalking.net.nz/>

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