



WELCOME TO SPRING

Hi,

The weather is warmer and a welcome change for the keen Nordic Walker. As we all know exercise is important for many reasons and in this issue I would like to talk to you about Osteoporosis and how Nordic Walking can reduce the effects of this very common bone disease that is easily preventable and managed.

Best regards

June

OSTEOPOROSIS

Despite the fact that osteoporosis is widespread and on the increase, few people understand the root causes, and what can be done to slow it's progress. Bones are living tissues, constantly undergoing degradation and regeneration. Osteoporosis is the loss of bone quality and quantity.

The causes include: menopause, low body weight, digestive absorption problems, arthritis and some medications.

- 1 in 2 women and 1 in 3 men will suffer an osteoporotic fracture. It has the potential, because of menopause, to affect *all* women.
- Bone loss is greatly accelerated after menopause as the ovaries stop producing estrogens. *Estrogens facilitate the uptake of calcium into the bone.*
- Calcium is an essential mineral, deposited into the bone, during regeneration.
- The problem occurs when bone regeneration lags behind the degradation phase.
- Peak bone density peaks at around the age of 30 years. After this time, bone mass gradually declines.
- Bone loss is gradual, often going undetected until a fracture occurs.
- The most common fracture sites are the *wrist, spine and hip.*

Severe cases lead to loss of height and the spine may curve to form a "dowager's hump".

"Fractures caused by osteoporosis are responsible for more days spent in hospital than most other diseases including breast cancer and heart attack".

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How Nordic Walking may help reduce the effects of osteoporosis:

- Recommended lifestyle changes include physical activity that is weight bearing. This encourages greater bone mineral density, and the effect is *specific to the bones* that receive the most loading during exercise.
- Nordic walking is a weight-bearing exercise.
- The poles provide resistance to the *vulnerable bones* of the wrist and spine.
- The poles provide stability, improving posture and reduce the risk of falling.
- As this is an outdoor activity, exposure to sunlight enhances Vitamin D production, which is essential to the absorption of calcium.

(Written & Researched by June Stevenson, INWA National Coach)

More Information: <http://www.bones.org.nz/>

Effect of Osteoporosis

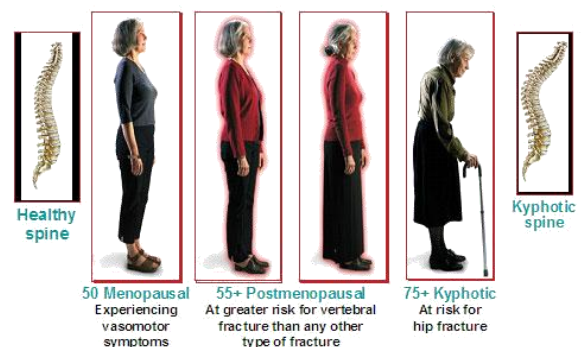


Photo: boneandjointcare.net

INWA CONVENTION 3 - 6 OCTOBER



The INWA International Annual Convention 2013 will be held in Poland.

The convention theme "Science & Sport" as a Leading Element in Nordic Walking"

Poland are the pioneers of Nordic Walking competitions delivering successful races across the country and are going to reveal the secret to their success, unveiling a live competition at the convention. They will include lectures about marketing and event planning, providing you with information and knowledge to enable you to deliver your own successful event.

Gdansk is Poland's fourth-largest city and its main port and is a fascinating place to explore. The convention social programme will provide an opportunity to learn more about this historic city. **Read more:** <http://ow.ly/nW9T4>

NORDIC WALKING FRIENDLY EVENTS

NORDIC WALKING through bridges Calli and Campielli in Venice - 21 September



Third edition of this in Venice, a non-competitive Nordic Walk of 10 or 16 km, through bridges, Calli and Campielli in Venice. It combines art, sport and culture together with the practice of this sport activity in one of the most beautiful cities of the world. **More details:** <http://www.nordicwalkinvenice.com/>



Feetbeat 2013
9 September- 3 November
Ruth Sliedrech - Health Promoter

Feetbeat is organised by Auckland Regional Public Health. It is an 8 week walking programme that encourages teams of between 4-8 people to walk for at least 30 minutes a day. **More details:** <http://ow.ly/nWb99>

Head to Head 2013 26 & 27 October

Paul Dickson - Head2Head Walk Founder



The vision for the Head2Head Walk is to raise funds for local needs, rather than going into a large "corporate charity pot".

This will continue to be the vision, which will require the Head2Head team to seek corporate sponsorship for the administration of the walk and 100% of the donations received by Head2Head Walkers going to where it is needed. Information on projects we're supporting and how to register a team on the **website:** www.head2head.org.nz

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.

FREE TRIALS

Long Bay Beach Sunday 13 October 2.00 pm
Auckland Domain Saturday 2 November 9:00am

PARNELL COMMUNITY CENTRE

Beginners Workshop pt 2 Sat 31 Aug 9.00 -11.00 am
<http://www.parnell.org.nz/>

NORTHCOTE COLLEGE

Beginners Class Sat 22 Oct -12 Nov 6.30 - 7.45 pm
Beginners Workshop pt 1 Sat 16 Nov 9.00 -11.00 am
Beginners Workshop pt 2 Sat 30 Nov 9.00 -11.00 am
<http://www.learn4life.co.nz/>

RANGITOTO COLLEGE - Mairangi Bay

Beginners Workshop pt 2: Sat 2 Nov 2.00 - 4.00 pm
<http://rangitoto.learningsource.co.nz/courses/288-nordic-walking>

WAIHEKE - Walking Festival 2013

Free Trial - Oneroa Beach Sun 27 Oct 10.30 am
Island Guided Walk - Mon 28 Oct
<http://www.waihekewalkingfestival.org/nordic-walking/>

Guided Walk for Experienced Nordic Walkers only
contact junestevenson@NordicKiwi.co.nz for more details.

One to One instruction in Nordic Walking is also available
contact junestevenson@NordicKiwi.co.nz for more information.

GROUPS AND INSTRUCTION

New Walking Groups

Nordic Link

Auckland Domain - Sun 9:00 - 10:00am \$9.00

INSTRUCTORS AVAILABLE:

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

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

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www.nordicwalking.net.nz

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