



## **Nordic Ski Walking Clinics Coming to Cadillac's Mercy Hospital in Honor of Healthy Heart Month & Cardiac Rehabilitation Week**

Glen Arbor, MI, February 08, 2008 --([PR.com](http://PR.com))-- February is Healthy Heart Month. February 10th-16th is Cardiac Rehabilitation Week. And walking is good for your heart. Doctors and Physical Therapist here in the USA have recently discovered that Nordic Ski Walking Poles radically improve balance and stability - a huge aid during cardiac rehabilitation and for those with MS, Parkinson's and Neuropathy (No Longer Just for Athletes and Expert Skiers).

On Friday, February 15, Pete Edwards the owner/founder/coach of [WWW.SKIWALKING.COM](http://WWW.SKIWALKING.COM) and [The American Nordic Walking System](http://The American Nordic Walking System) will be offering free Nordic Ski Walking clinics at Cadillac's Mercy Hospital. Clinics are open to the public from 10 AM - 11:45 AM on the second floor of Mercy Hospital in the Cardiac Rehabilitation wing. Clinics will also be held for Mercy Hospital Employees & Mercy Hospital Volunteers from Noon - 1:00 PM.

Over 6 million Europeans are walking with special Nordic Walking Poles - in the cities, in the country and in the mountains. Doctors in Europe are even writing prescriptions for Nordic Ski Walking Poles.

Nordic Ski Walking is a low impact form of exercise that incorporates the arms, shoulders, back muscles and abs, burning up to 40% more calories than walking alone. The great thing about Nordic Ski Walking is that you can do it anytime, anywhere, no skis or snow required. Nordic Ski Walking poles come with comfortable patented straps, durable carbide tips (ideal for beaches, trails and snow and ice) and removable rubber Nordic Ski Walking tips for pavement and other surfaces.

Utilizing the correct length poles and proper technique is important. Poles from [www.skiwalking.com](http://www.skiwalking.com) and The American Nordic Walking System come in a variety of lengths and are custom fit to each individual's height. One-piece poles are safer, lighter and much more durable than twist-locking adjustable/telescoping/collapsible poles found in retail sporting goods stores.

Perfect length poles help us to automatically walk with a super straight back - better walking posture is biomechanically a good thing. This improved walking posture when combined with the unique 4-Wheel-Drive type action of walking with poles radically reduces the stress to the shins, knees, hips and back. Nordic Walking is low impact and yet provides a highly effective workout - burning more calories and working more muscle groups than regular walking.

According to Nick Mahood, SWIX Nordic Walking Director: "Pete Edwards, the owner/founder/coach of [www.skiwalking.com](http://www.skiwalking.com) and The American Nordic Walking System, has single handedly introduced thousands of Americans to Nordic Walking. I have no doubt that Edwards is the #1 retailer of Nordic Walking Poles in the USA. You can quote me on that!"

[www.skiwalking.com](http://www.skiwalking.com) and The American Nordic Walking System are headquartered in Michigan - Glen Arbor, Michigan.



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If you're interested in attending, please contact Lisa or Jen in Cardiac Rehab 213-876-7200 Ext. 67825.  
Pre-registration is not required.

Contact information for [skiwalking.com](http://skiwalking.com) and The American Nordic Walking System -  
toll free: 877-SKIWALKING or 877-754-9255  
email: [getfit@skiwalking.com](mailto:getfit@skiwalking.com)



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