



Free Nordic Walking Clinics Coming to Lutheran Outpatient Rehab in Jamestown, New York, on Wednesday, June 11th

Nordic walking is no longer just for professional skiers deprived of snow. No snow and no skis required. Walking with poles burns up to 40% more calories than regular walking. Nordic walking poles not only improve balance and stability, these special poles help to radically reduce the shins to the shins, knees, hips and back.

Jamestown, NY, June 07, 2008 --(PR.com)-- The public is invited to attend free Nordic Walking Clinics hosted by Lutheran Outpatient Rehab in Jamestown, New York. On Wednesday, June 11th the free clinics will be offered from 9:30 a.m. - 11:00 a.m. and from 6:30 p.m. - 8:00 p.m. on the campus of Lutheran Social Services.

The Nordic Walking Clinics will be lead by Certified Nordic Walking Pete Edwards - owner/founder/coach of The American Nordic Walking System and WWW.SKIWALKING.COM. Edwards has hosted hundred of Nordic Walking clinics and lessons all across the USA.

Edwards' enthusiasm for Nordic Walking stems from his background in coaching runners and skiers. Edwards himself discovered the many benefits of Nordic Walking after a running injury ended his marathon running career.

Nordic Walking burns up to 40% more calories than regular walking when using the correct length poles and proper technique. Walking with poles can turbo charge your walking campaign. The American Nordic Walking System has developed three basic levels - allowing all ages and all fitness levels to discover the ideal level for themselves. Over 6 million Europeans are walking with poles - in the cities, in the country and up in the mountains. Nordic Walking is the fastest growing fitness activity in Europe.

Nordic Walking is no longer just for athletes. Edwards has hosted clinics for Sports Med Centers, Spine Institutes, YMCAs, MS Support Groups, Parkinson's Support Groups, Diabetes Support Groups, Tops Weight Management Groups, Weight Watchers Groups, Physical Therapy & Rehab Centers, Fitness Centers, Colleges, High Schools and many others. Individuals with shin splints, knee issues including runner's knee, hip issues, back issues including metal rods, arthritis, post polio, vertigo, neuropathy and other challenges have repeatedly found success walking with the correct length poles.

Edwards will provide durable one-piece poles that will be custom fit to each participant's height. One-piece poles are safer, lighter and much more dependable than cheap twist-locking adjustable length/telescoping/collapsible poles. Many twist-lock poles vibrate, rattle, don't stay set and/or collapse unexpectedly. Edwards' poles will also include real Nordic Walking straps - kind of like a fingerless glove. Rubber tips will be used indoor and outside on the sidewalks. While practicing on grass the rubber tips will be removed (with a twist and a pull) and the durable carbide metal tips will be exposed.

Participants will be introduced to the American Nordic Walking System and the three basic levels of Nordic Walking. Edwards launched the American Nordic Walking System in order to provide all ages and all fitness levels options to choose from.



Level 1: is basically hiking with poles - gentle on the weight bearing joints and burns up to 20% more calories than regular walking.

Level 2: involves a full arm extension - automatically increases your tempo, lengthens your stride and reinforces good walking posture - biomechanically a good thing. Level two burns up to 30% more calories than regular walking.

Level 3: is true Nordic Walking. Most Americans prefer Levels 1 and Levels 2, but Level 3 burns up to 40% more calories than regular walking. There is not only the full arm extension, there is a tremendous amount of pressure put down into the straps - into the heel of the hand, from pole plant to the hand coming past the hip. Level 3 is true Nordic Walking.

There is no charge to attend this event. To reserve a space today please call: 716-720 - 9122

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Contact Information:

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