

**FULL
BODY
workout**

Exercise over
90% of your
skeletal muscle

Burn **46%**
more calories

shaping
toning
inch loss

less stress
on **YOUR BODY**

exel
THE POWER OF POLES®

britishnordicwalking.org.uk



Nordic Walk for Health

All welcome!

Date: **Sun 20th Jun**

Place: Fermyn Woods
Country Park, Brigstock,
NN14 3HS

Time: 10.00 am - 12 pm
Time: 1:00 pm – 3pm

To book contact INWA
Instructor Sue Burnett:

Tel: 01733 766 990

Mobile: 07901 937 665

Prior booking essential.



www.activeedgesolutions.co.uk

