Nordic walking improves mobility in Parkinson's disease.

van Eijkeren FJ, Reijmers RS, Kleinveld MJ, Minten A, Bruggen JP, Bloem BR.

Department of Neurology, Jeroen Bosch Hospital, 's-Hertogenbosch, The Netherlands.

Nordic walking may improve mobility in Parkinson's disease (PD). Here, we examined whether the beneficial effects persist after the training period. We included 19 PD patients [14 men; mean age 67.0 years (range 58-76); Hoehn and Yahr stage range 1-3] who received a 6-week Nordic walking exercise program. Outcome was assessed prior to training (T1), immediately after the training period (T2) and-in a subgroup of 9 patients--5 months after training (T3). At T2, we observed a significant improvement in timed 10-m walking, the timed get-up-and-go-test (TUG), the 6-min walking test and quality of life (PDQ-39). All treatment effects persisted at T3. Compliance was excellent, and there were no adverse effects. These preliminary findings suggest that Nordic walking could provide a safe, effective, and enjoyable way to reduce physical inactivity in PD and to improve the quality of life. A large randomized clinical trial now appears justified.

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**Nordic Walking**

Have you been advised to take more exercise?

Nordic Walking is the full body work out you can do anywhere. Here are a few of the benefits*:

- Burns 20% - 46% more calories than walking
- You can exercise with your friends
- Tones up the back, chest and arms
- It relieves tension in the neck and shoulders
- Strengthens the spine and reduces back pain
- Can reduce symptoms of RSI in office workers
- Reduces the load on the knees, hips and ankles
- Strengthens the bones of the lower and upper body and can combat the effects of osteoporosis
- For women recovering from breast cancer surgery, Nordic Walking helps the recovery of the shoulder area
- Can help conditions such as whiplash, fibromyalgia, chronic back pain, obesity, diabetes, rheumatism, Parkinson's disease and MS.
- For athletes, Nordic Walking makes an ideal cross training exercise

*scientific papers available upon request
Get "fit as a fiddle" the Nordic way

For the first time ever adults aged 50 and over will be able to access free Nordic walking courses in Cherwell, thanks to a successful bid to Age Concern's Big Lottery funded 'Fit as a Fiddle' well being programme. Cherwell District Council's GO Active Co-ordinator will be running the programme that will provide older adults with the opportunity to try something fun and new.

Nordic walking is one of the fastest growing activities in the world. Invented by cross country skiers for their summer training it offers a unique way to keep fit and enjoy the outdoors. An enhancement of normal walking yet twice as effective, Nordic walking uses poles to add significant benefits:

- upper body muscles are used as well as lower
- it reduces the pressure on knees and joints
- it’s great for posture and can burn up to 46% more calories than normal walking.

Fitness & Exercise for Senior Citizens

Growing Exercise of Nordic Walking Providing Senior Citizens Health, Vitality

Hybrid exercise combines walking with cross country skiing for physical, psychological benefits for aging population

July 21, 2007 - At 5’9” and 285 pounds, Bob Saunders battled high blood pressure, high cholesterol, joint pain, low energy and a host of other obesity-related symptoms. “I was dragging around, ready to call it quits,” says the 68-year-old Saunders, whose doctor warned him that his life was at risk.

“I began walking, but found the weight didn’t come off fast enough and the pressure on my back and knees was just too painful.”

Saunders says he then discovered Exerstrider walking poles and quickly noticed a difference. “I could burn more calories and tone my entire body. It just made more sense to use the poles,” adds Saunders.


About Nordic Walking for Health and Fitness at Scolty

Join this set of Nordic Walking events run by Angela McMillan, Sports Coordinator for Aberdeenshire Council. You will be given training and provided with Nordic Walking poles. Nordic Walking can feel easier than normal walking as the effort is spread across the whole body. Source: http://www.forestry.gov.uk/website
In Peterborough:

Active Edges Solutions is delivering health and fitness Nordic Walk classes.

Nordic Walk taster sessions available:

www.greeniversity.org.uk

For more information contact:

Sue Burnett, INWA Nordic Walk Instructor

www.activeedgesolutions.co.uk

Classes currently available in Werrington, Bretton and other Peterborough Locations please enquire: prices from £6.00 per session.

- Learn to Nordic Walk Course £40
- Nordic Walk Progression 5 Class pass £30
- Nordic Walk Tasters (various prices)

More information about classes and availability Visit
www.activeedgesolutions.co.uk

Tel: 01733 766 990

Mobile: 07901 937 665

New Learn to Nordic Walk classes will starting soon in Peterborough. Dates and times will be published on the website or call for more details – check website regularly for new details.