

Nordic Walking

Join us @ Santé Group
every Tuesday & Thursday,
@ lunchtime for refreshing and
Invigorating Nordic Walking.

Outdoors!

Class duration: 45 minutes

Class times are: 12:30 PM

All fitness levels.



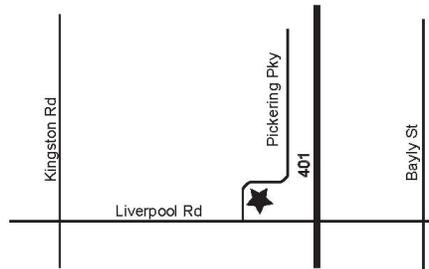
Price: \$ 10.50/class for 12 classes
\$ 9.20/class for 24 classes
\$ 15.00/class pay-as-you-go

Space is limited, so register early.

Call Santé @ 905.250.1322
Do not miss this!

Santé Clinic Hours

Monday	8:00 AM—7:30 PM
Tuesday	8:00 AM—9:00 PM
Wednesday	9:30 AM—8:00 PM
Thursday	9:00 AM—9:00 PM
Friday	8:00 AM—4:30 PM
Saturday	8:00 AM—4:30 PM
Sunday	9:30 AM—2:00 PM



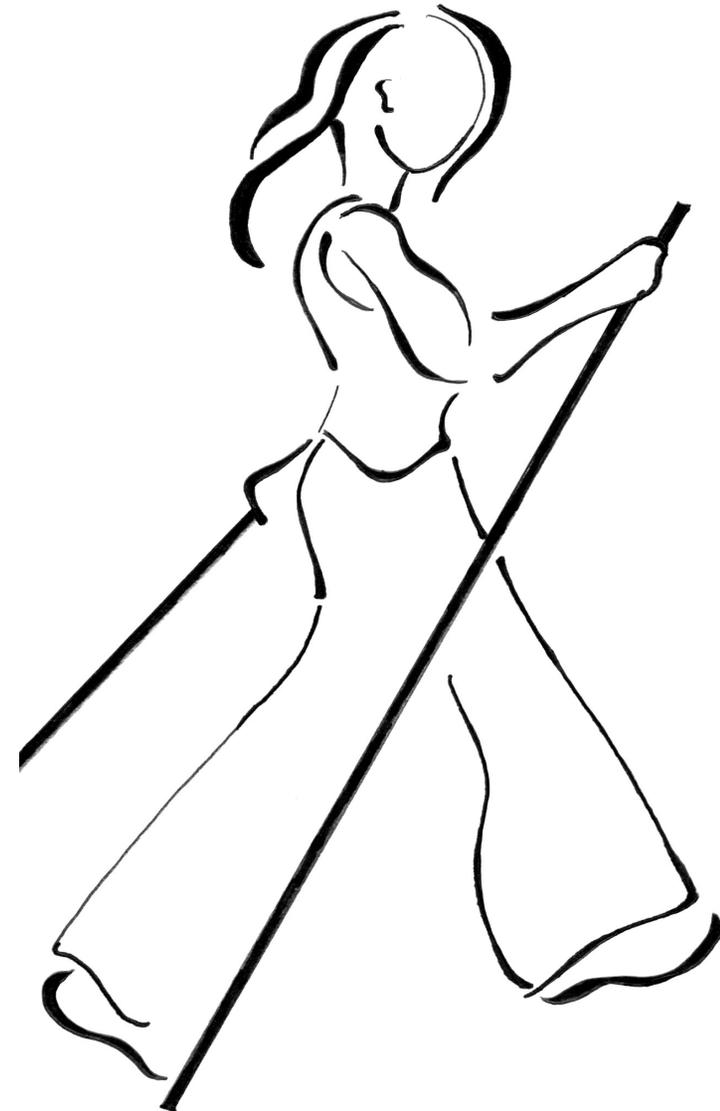
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 EXCEPTIONAL HEALTHCARE



Nordic Walking Outdoor Challenge!



Nordic Walking Lunchtime Outdoors

Cardio & Core workout, in the great outdoors.

Fresh air, sunshine, vigorous exercise.

The health trifecta.

By popular demand, regular weekly Nordic Walking classes will be held outdoors at lunchtime, during the spring and summer season.

Nordic Walking originated in Finland, where it comprises a regular part of the daily health and fitness routine for many active, healthy and super-fit Finns.

Nordic walking simulates the movement used in cross-country skiing, most notably the ultimate aerobic sport.

It incorporates the use of specially designed Nordic walking poles, which provide a powerful upper body and core workout, while eliminating foot, knee, hip and back pain associated with walking and hiking.

Nordic walking combines the simplicity and accessibility of walking, with simultaneous core and upper body conditioning similar to Nordic skiing. It can be done anywhere a person of any age or ability might otherwise walk without poles.

While regular walking utilizes only 70% of muscle mass, and imparts full impact on the joints of the legs & feet, **Nordic walking** produces up to a 46% increase in energy consumption compared to walking without poles. **Nordic walking** can also increase upper body muscle endurance by 38% in just 12 weeks.

The result with **Nordic walking** is a full-body walking workout that burns significantly more calories without a change in perceived exertion, due to the incorporation of many large core and upper body muscles comprising over 90% of the body's total muscle mass.

Benefits of Nordic Walking

Nordic walkers use more of their entire body, with greater intensity, and provide enhanced fitness for 90% of the body's muscle mass. This leads to:

- Increased overall strength and endurance in the core and upper body muscles
- Burning more calories than in plain walking
- Significant improvement in cardiac and respiratory capacity
- Significant un-weighting of hip, knee and ankle joints
- Provides density preserving stress to bones to strengthen bones
- Improved balance and stability with use of the Nordic walking poles
- Greater ease in climbing hills



Meeting Place:

Santé Group HealthCare: Front Desk

1315 Pickering Parkway, Suite 105

All classes will originate @ Santé unless other arrangements have been made.

Time: sign in 5 minutes before class time.

Attire: comfortable outdoor clothing, outdoor walking shoes.

Equipment: Nordic walking poles will be provided by the certified instructor, and they may be purchased from the instructor, for a reduced fee, with the purchase of classes.

Instructor — Rosi Vanderheijden,
PTS, NWS

Rosi Vanderheijden, is a licensed Gymstick Nordic Walking Instructor, a certified Personal Trainer Specialist, as well as a certified Nutrition & Wellness Specialist.

Rosi is a licensed Gymstick exercise instructor, and is also licensed in Bosu Ball and Stability Ball exercise classes.

Rosi has been active in health and fitness for many years in the Durham region, works with the Town of Ajax and has helped many corporate clients get fit, lose weight and improve their health and productivity.