



NORDIC WALKING

Here are several pieces of advice, which will enable you to take up Nordic walking.

The right shoes

While walking with the sticks you will lengthen the step, therefore it is better to wear shoes without sharp edges on the heel of the sole and the type of sole, which enables you rocking your feet and free motion of the ankles, so that you do not graze your heels and ankles while walking.

Setting the length of the sticks

Force the sticks next to the ankles and put your arms freely forward. The angle in the elbows should be cca 90 degrees. It is advised that the beginners should have smaller angle than an acute angle for a better comfort while walking.

There are usually rubber little shoes at the ends of the sticks. Set them up so that they allow you a continuous push-off on the sticks and do not slide to sides or behind you.

The loop on the stick

The sticks usually have a glove system, where you put on so called glove and secure it with Velcro. The length of the handle should be set up so that when you release the stick, it will not get far from the palms and you would be able to release them while walking.

The technique of walking

Your trunk slightly forward, your head stretched, your shoulders away from the ears, keep the back as straight as possible. While walking the shoulders rotate towards the pelvis, the feet rock over the heels and push off the tips.

Force the sticks into a half of the distance between the heel of one foot and the tip of the other one, which gives you a push-off and clutch the same stick.

You can release the clutch on the stick behind you just thanks to the glove so that you are pumping your arms while walking.

When you walk down the hill, try to get the centre of your body lower, your knees slightly bent all the time. Mind that you do not force the stick directly in front of you as it would slip and you could slide. Try to force the stick into a half of the distance between the heel of one and the tip of the other foot. You lean on that stick all the time so that it brakes up your possible fall-over.

Walking up the hill is most suitable for the beginners. Bend forward more, your step is shorter, get more supported on the arms. Mind that you do not arch the thoracic spine between the scapulae. Your head stays stretched and though the steps are shorter, force the sick into a half of the distance between the heel of one and the tip of the other foot.