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Seniors to sport court, not to hospital

NORDIC WALKING

Walking with sticks is a very good form of conditional walk mainly for the advanced age. We make use of arm motion to enhance the energy expenditure and for greater muscle groups engagement. Thanks to arm movement we keep shoulder joint mobility. While walking with sticks we have higher stability of walk and lower strain on load-bearing joints mainly when walking down the hill. Before starting training with the sticks it is necessary to warm up and exercise for cca 10 to 15 minutes with a light load. It is ideal to set the load intensity individually for training according to the heart rate optimally from the exercise stress test in laboratory. While walking we also pay attention to breathing. Activating midriff we deepen calm breathing. We breathe in through the nose and breathe out through the mouth. We suggest walking as developing exercise with breathing pause. First cca 10 steps and then we can add up, but always unless there are any difficulties. Do not apply this for patients with heart or pulmonary diseases. We can see first impacts after once month training.