

WHAT DO WE WEAR?

- * Walking boots or shoes which are comfortable and supportive with a patterned sole for good grip.
- * Dress according to “the layer principle” so that surplus garments can be shed or added as necessary
- * Hat and gloves in cold weather

HOW MUCH DOES IT COST?

- * Membership of **Friskis&Svettis** is £7.00 per year
- * Pole hire is £2.00 but **only £1.00 for Members.**
- * As a member you are also entitled to buy your poles from us for £20. 00, courtesy of our generous sponsors **STENA DRILLING.**
- * With your own poles you take part for free!

WHERE AND WHEN?

F&S Aberdeen currently run six *FSH* groups each week and you are always welcome to turn up at any of them, in all weathers!!!

ABERDEEN:-

- * Dobbies Garden Centre, Hazlehead
Thurs, Fri, Sat, Sun. 10am (All year round)
- * Dobbies Garden Centre, Hazlehead
Tues. 2pm (Oct – March)
- * Beach Promenade, “Fittie end”
Tues.6pm (April – Oct)
Contact: John Greig Tel: 01224 321088

INVERURIE:-

- * Pleasure Park, Barclay Road car park
Tues 10.am. (All year round)
Contact: Sandy Forbes Tel: 01651 872406

FRISKIS&SVETTIS

Friskis&Svettis is a not for profit association, founded in Sweden in 1978, with over 360,000 members in 2005 in Scandinavia and on the Continent.
Friskis&Svettis Aberdeen, is the first UK association and gained official approval in 2005.

We have almost 1000 members in and around Aberdeen and our aim is to deliver joyful and appropriate exercise to everyone in our community, regardless of age and ability.

Gunilla Smith
(Founder & Hon. President, March 2006)



Balancing exercise

“IF YOU MOVE YOUR BODY YOU FEEL GOOD”

Johan Holmsater, Founder F&S

Visit us at: www.FSAberdeen.co.uk



VIKING HIKING
(Nordic Walking)



WE AIM TO GET PEOPLE MOVING!

GOOD REASONS FOR WALKING WITH TREKKING POLES

(Validated by scientific research)

- trains the whole body
- up to 55% more effective than ordinary walking
- the heart and circulation become up to 58% more efficient
- muscular endurance increases by 32% on average
- feels only 9% harder than ordinary walking
- strengthens the skeleton in wrists, arms, shoulders and upper back
- stiff necks and shoulders become more supple
- the diagonal walking pattern serves to give the whole back much needed beneficial exercise
- helps take the pressure off hips, knees and ankles
- promotes a good posture
- will burn an average of 120kcal more per hour than ordinary walking
- balance and co-ordination improve
- easier to get uphill
- go downhill more safely
- less risk of slipping on mud, ice or wet leaves
- you get lots of fresh air
and
- it's FUN, SOCIABLE and FRIENDLY

HOW DID *VIKING HIKING* START?

Finnish distance skiers have traditionally been among the best in the world. To maintain fitness in the summer when there was no snow, they walked and ran with their poles only. They have done this for a very long time.

Towards the late 1990's Finnish government authorities realized the health potential of walking with ski poles and had the concept scientifically evaluated and tested. As a result of all the positive findings, the Finnish National Exercise Federation held training courses for leaders of Nordic Walking in 1997 and the activity spread to Sweden the following year.

VIKING HIKING was brought to Scotland and Aberdeen in 2001 by **Friskis&Svettis** (formerly Swedish Style Exercise) and we have been running regular groups since February 2002. All our leaders are volunteers, recruited from amongst our members.

The ski poles have been adapted for use without snow and are provided with a supportive half glove instead of the original leather strap.

Within 5 years 500,000 Finns and 100,000 Swedes were won over by Nordic Walking.



Calf stretch HOW DO WE DO IT?

Friskis&Svettis sessions last for one hour and we aim to cover 3 miles, depending on the ability of participants.

We have slower and faster groups as necessary. You will not be "marched to the top of the hill" unless you want to be.

We start with a little warm up on the spot. After walking approx. 10 minutes, we break for some exercises to mobilise joints and strengthen muscles in shoulders, back, bottom and legs. We also practise some balancing. Then comes an aerobic walk for 30-35 minutes. Lastly, we take time to thoroughly stretch out all the muscles we've used.

If you've never skied or walked with poles before, don't worry. Our leaders will be glad to show you. They are trained in *VIKING HIKING* techniques, ensuring maximum benefit to all.

THE CORRECT TECHNIQUE

Simple, really! It's like energetic marching, arms swinging. The poles near the body are held to slope backwards, body leaning slightly forward, shoulders relaxed, head up.

The tip of the right pole hits the ground, level with the heel of the left foot, while the right foot pushes off as the pole is pushed down and back, and vice-versa.

Feel yourself being powerfully propelled forward with the help of the poles!