

## WHAT DO WE WEAR?

- Walking boots or shoes which are comfortable and supportive with a patterned non-slip sole.
- 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 £8.00 for 2011.
- Pole hire is £2.00 (**£1.00 for Members**)
- With your own poles take part for free!

## WHERE AND WHEN?

**Hazlehead Park** (meet at car park on Hazlehead Avenue, near restaurant and toilets)

**Thurs\*, Fri, Sat, Sun at 10am** (All year)

**\*Except the last Thursday of each month**

Contact: John Greig Tel: 01224 321088

**Beach Promenade** (meet at Fittie end)

**Tues at 2 pm &.6pm** (April – Oct)

**Duthie Park**

**Tues at 2pm** (Oct – March)

Contact: Alex McHattie Tel: 01224 741621

**Rambling**

Countryside Rambles of around 8 miles long take place at various locations on the last Thursday of each month to replace the session at Hazlehead.

Contact: John Greig Tel 01224 321088 or F&S website

## FRISKIS&SVETTIS

**Friskis&Svettis** is a not for profit Europe-wide association which was founded in Sweden in 1978. It now has over 500,000 members in throughout Scandinavia and on the Continent.

**Friskis&Svettis Aberdeen** was the first UK association to gain official affiliation. We have almost 900 members in the North East and aim to deliver enjoyable and effective exercise to everyone in our community, regardless of age and ability.

*Gunilla Smith, Founder & Hon. President*



**“IF YOU MOVE YOUR BODY  
YOU FEEL GOOD”**

**Johan Holmsater, Founder F&S**

**Visit us at [www.fsaberdeen.co.uk](http://www.fsaberdeen.co.uk)**



## Viking Hiking

(Nordic Walking)



**WE GET PEOPLE MOVING!**

## 17 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 120 kcal 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. Towards the late 1990's, Finnish government authorities realised 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. Within 5 years 500,000 Finns and 100,000 Swedes were won over by Nordic Walking.

**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



## HOW DO WE DO IT?

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