



# NORDIC WALKING

low impact • high results • total body fitness

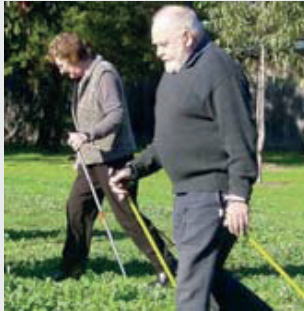
## Undertake Certified Training with Nordic Academy



Cross Training



Weight Loss



Chronic Disease Self Management



Total Body Fitness



Injury Rehabilitation

### Why Nordic Walking?

Nordic Walking is a low impact, high results form of total body fitness which offers people of all ages and fitness levels an impressive variety of benefits; from sports cross training, to injury rehabilitation, to weight loss and chronic disease management. Discover for yourself how this low investment activity can achieve fantastic results for you, your clients and your organisation or business.

### Certified Training - Your First Step

Nordic Academy's 1½ day Nordic Walking Instructor Course is designed to equip health & fitness professionals with the necessary knowledge and skills to conduct successful and sustainable Nordic Walking classes and programs.

### The Training Package

- Pair of diamond carbon Nordic Walking poles (\$189 value)
- 80 min interactive DVD (\$48 value)
- Comprehensive course manual
- Video analysis of personal technique
- Facilitated by international Master Trainer
- Accredited with ESSA, Fitness Australia, Aust Lifestyle Medicine Assoc. & Aust Pilates Method Assoc.
- Eligibility to Nordic Academy's Professional Membership Program

PD points available

Training Package Price: \$540

### About Nordic Academy

Nordic Academy are Australia's Nordic Walking Professionals, being the recognised authority and leading national provider of quality training, equipment and resources. It was founded in 2005 by two international pioneers of the activity, Patrick Burtscher and Maree Farnsworth.

**Nordic Academy's vision is to share the health benefits and enjoyment of Nordic Walking with as many others as possible.**

"As a physiotherapist I have seen many of my clients benefit from Nordic walking - assisting with rehabilitation, improving general fitness, increased walking tolerance with painful joints, improved mental health following burns, to name a few.

Nordic walking is a great adjunct to my practice as it enables people to transition to a self-management program and healthy lifestyle."

*Carolyn Smith, Adelaide SA*

### Autumn 2016 Training Schedule

Melbourne VIC	27 - 28 February
Hobart TAS	2 - 3 March
Sydney NSW	5 - 6 March
Brisbane QLD	12 - 13 March
Canberra ACT	19 - 20 March
Perth WA	2 - 3 April
Adelaide SA	9 - 10 April

Courses can be run onsite anywhere in Australia or NZ. Minimum numbers apply.

[CLICK HERE FOR MORE INFO](#)



Nordic Academy is the exclusive Australasian representative of the Internationally renowned Nordic Walking Organisation

To register or find out more FreeCall 1300 791 740 or visit [www.nordicacademy.com.au](http://www.nordicacademy.com.au)



**nordic academy**  
Australia's Nordic Walking Professionals