



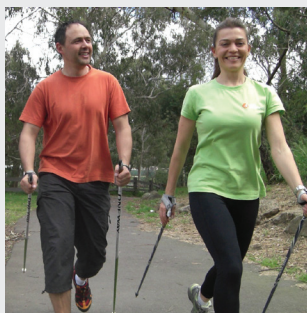
# NORDIC WALKING

low impact • high results • total body fitness

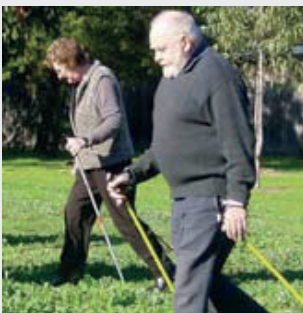
## Undertake Certified Training with Nordic Academy



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 Burtcher and Maree Farnsworth.

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

"Upon trying this new activity, I quickly discovered the difference and increased benefits gained just by using poles! I was so impressed with Nordic Walking as well as the professionalism encountered from Nordic Academy. Since being trained I have organised local courses for beginners, offer it to my patients and am running courses to community groups as well."

*Meg McIntyre, Former Olympic Sports Physiotherapist Port Macquarie, NSW*

### Spring 2015 Training Schedule

Adelaide SA	29 - 30 August
Melbourne VIC	5 - 6 September
Sydney NSW	12 - 13 September
Perth WA	19 - 20 September
Brisbane QLD	10 - 11 October
Hobart TAS	17 - 18 October
Canberra ACT	24 - 25 October

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