

Spring and Daylight Savings Time are here – so it's time to dust off your Nordic Walking poles (if not done already) and get back into your fitness and exercise routine. There are a few things we'd like to share with you and to get you excited.

Nordic Walking Enthusiast – new column

We'd like to introduce you to an inspiring Nordic Walker here in Australia in every future newsletter (please feel free to send us your story).

Fiona joined her sister and brother-in-law to participate in a Nordic Walking Proficiency Course back in July 2010. All three of them enjoyed the course, equipped themselves with poles and started Nordic Walking for themselves. In October Fiona replied to our invitation to the Austrian Alps, expressing her interest to join us (together with Anne and Ross). We were delighted to have the opportunity to show all of them Patrick's stunning homeland, particularly as Fiona hadn't travelled overseas before. Fiona didn't miss a Nordic Walking session before the tour and has already signed up for the evening classes at Ruffey Lake Park, Doncaster East, VIC starting next week. Only – so she says – to remind her of the Austrian Alps.



Euro Alps Tour 2011 – Grosses Walsertal Valley, Austria



This tour really is something special. We had two groups this year comprising a total of 20 participants from across Australia, all of whom came as tour participants but left as friends of Patrick's home valley, friends to us, friends to each other as well as passionate and enthused members of the Nordic Walking community.

The mixture of stunning alpine Nordic Walks, combined with the unique culture, thriving traditions and living-like-a-local interactions with the valley and its people, not to mention just the fun and good times by the great people who attend, makes our annual Euro Alps Tour a trip that you just never want to end.

To read more about what we did on tour, check out our [NW blog](#) (we're sure it will tempt your taste buds). We are going back in June and July 2012, so start thinking "maybe it's the right time to come and join us!"

Important! Bookings are now open for the 2012 tour. DATES: 22 June – 1 July and 6 – 15 July

Nordic Walking and Nordic Academy – fresh new looks and new products!

'If you don't go forwards you go backwards!' Hence our new look websites on www.nordicwalking.com.au and the online shop on www.mynordicsports.com.au. But they're not the only news. We also will launch two new Nordic Walking products before the end of the year – a swish Nordic Walking cap as well as a new 'Australian Made' padded pole bag. Both products are being manufactured right now.

If your friends look for a surprise or a nice Christmas present for you, this could be it. Before these bags and hats are available online you have the opportunity to pre-order them, meaning, you'll order now and you'll receive the products as soon as we have them.

The bag is padded, comfortably fits one pair of poles and comes with a shoulder strap. It comes in short (for adjustable poles) for \$50 and in a longer size for all fixed length poles for \$60.



Walktober is on again

'Walktober' is a nationwide government campaign to encourage more people to get active through walking and is increasing in size and popularity each year. For more information visit

Nordic Academy is once again supporting the Walktober campaign by coordinating nationally held 'Come & Try Nordic Walking sessions' taking place during October 2011. Qualified instructors from all around Australia will be offering FREE Nordic Walking sessions to their local communities. Have a look at the [Nordic Academy website](#) and encourage your friends to go along to find out about the health and wellness benefits of Nordic Walking.

Instructor Course Training again in 2012 – spread the word!

Spread the word to your friends and acquaintances who are interested in outdoor fitness and improving the health and vitality of other Australians.

Tell them about the certified Nordic Walking Instructor Course which will be happening in all capital cities every Spring and Autumn. The Instructor Course awards 3 PDPs with Kinect Australia, 15 CECs with Fitness Australia, 11 CEPs with Exercise & Sports Science Australia and 15 CPDs with Aust. Physiotherapy Association.

Until next time - take care, stay healthy, be an inspiration and be inspired...

Yours in Nordic Walking, health and success,

Maree & Patrick

Nordic Academy Founders
Members of NW International Advisory Board

Nordic Academy's Vision:

To share the health benefits and enjoyment of Nordic Walking with as many others as possible.

Nordic Academy's Mission:

To be the leading national provider of quality training, equipment and resources in Nordic Walking by consistently delivering high standards and customer service excellence.