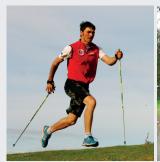


# Undertake Certified Training with Nordic Academy







Weight Loss



Chronic Disease 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 (\$199 value)
- 80 min interactive DVD (\$48 value)
- Comprehensive course manual
- Video analysis of personal technique
- Facilitated by international Master Trainer
- Accredited with ESSA, Physical Activity Aust & Fitness Australia
- Eligibility to Nordic Academy's Professional Membership Program

Training Package Price: \$470

### **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.

"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

#### **Autumn 2014 Training Schedule**

Hobart TAS 22 - 23 Feb Sydney NSW 1 - 2 March 8 - 9 March Brisbane QLD Canberra ACT 15 - 16 March Melbourne VIC 22 - 23 March Perth WA 29 - 30 March Melbourne VIC 7 - 8 March Adelaide SA 13 - 14 April

Courses can be run onsite anywhere in Australia, minimum numbers apply.

#### CLICK HERE TO REGISTER



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

