

## The Nordic Walking Training Course

will be conducted at the picturesque **Murrayfield Station on Bruny Island** on Friday 15 and Saturday 16 August 2014.

The two day program will be presented by the Nordic Academy, Health Promotion South Tasmanian Health Organisation and Bruny Island Community Health Centre Rural Primary Health Program.

This unique training program will develop your technical skills, give instruction on how you can use it as part of clinical work as physiotherapists and how it will benefit your patients and clients.

Nordic Academy was established in 2005 and has since become the leading authority and provider of high quality Nordic walking equipment, training and resources

At the heart of this organisation are its founders and International Master Trainers Patrick Burtscher and Maree Farnsworth who are very passionate and committed in their endeavour to develop Nordic Walking in Australia so many people can enjoy the health and fitness benefits of Nordic Walking.

## Physiotherapist and Nordic Instructor

**Jenene Oates** will speak about her experiences on how she has developed and incorporated Nordic Walking into her clinical practice.

## Jennie Gorringe Health Promotion

**Coordinator** will discuss the benefits and the links between developing programs that focus on the social determinates of health.



## About Nordic Walking

The Europeans love it, and now thousands of Australians do too. Nordic Walking is fast becoming one of Australia's most fun and popular forms of outdoor exercise.



- ✓ Activates 90% of the body's muscles
- ✓ Burns up to 46% more calories than regular walking
- ✓ Increases cardio effect by up to 25% compared to regular walking
- ✓ Decreases load and strain on the lower body
- ✓ Strengthens and tones upper arms, shoulders and back muscles
- ✓ Develops core stability and strength
- ✓ Promotes upright posture



## Information on the Camp

Set on the beautiful property of Murrayfield Station.

**When: Friday 15 August 10.30am-  
Saturday 16 August 1.30pm finish.  
(overnight stay included but not compulsory)**

### **Cost \$520 Includes**

- Training/ Qualification
- Food/ Accommodation
- Quality Nordic Walking Poles

Participants will need to catch the ferry to Bruny Island from Kettering on Friday 15 August – 9.30am - Return Saturday Ferry at 2.15pm 16 August 2014.

### You will need to bring:

Good walking shoes / boots  
Raincoat/ hat / gloves/ warm coat/  
jumpers etc change of clothes  
Bedding / sheets/ sleeping bag/ doona  
Pillow  
Toiletries  
Towel  
Medications

**Bookings are Essential payment is due by 5 August 2014**

For further information on the course  
Please contact Jenene Oates  
Physiotherapist Bruny Island  
Community Health Centre  
Mobile: 0488942763  
Email: [jenene.oates@dhhs.tas.gov.au](mailto:jenene.oates@dhhs.tas.gov.au)

## Booking Form and Registration

Name:.....

Address.....  
.....  
.....

Email:.....  
.....

Phone / Mobile  
.....  
.....

Professional Qualifications currently held.....

Allergies

Food:.....  
.....

Payment of \$520 Cheque/ money order/ Bank details: WESTPAC :

Nordic Academy Australia

BSB 033028: Account: 287091

Payment Due by 5 August 2014

Please return the rego form to Nordic Academy P.O Box 3171 The Pines Victoria 3109

[training@nordicacademy.com.au](mailto:training@nordicacademy.com.au)

## **Nordic Walking**

## **Training Course**



**Customised for Physiotherapists**

**1.5 x day workshop at  
Murrayfield Station Bruny Island**

**Presented by  
Rural Primary Health Program  
Bruny Island, Health Promotion  
South THOS and  
the Nordic Academy**

