



# UPDATE

## GREETINGS

Our Autumn training season has kicked off with the first course in Melbourne taking place last weekend. Over the next two months **Nordic Walking Instructor, Leader and Proficiency training courses are scheduled in ALL capital cities.** So let your friends and colleagues know that places in these courses are still available.

Adding to a busy time, Nordic Academy will be continuing with its developmental work by spreading the good word about Nordic Walking to health and fitness professionals at the upcoming **ESSA (formerly AAESS) Conference on the Gold Coast** from 8 - 10 April, and at the **Australian Health and Fitness Expo in Sydney** from 30 April - 2 May. If you happen to be attending either of these Expos please come to our booth and say hello!

But most excitingly, over the next couple of months we will be joyfully making preparations for our trip to Austria to lead our group of intrepid Nordic Walkers as part of the **inaugural Euro Alps Tour!** More about this exciting new feature event later...

We hope that this newsletter finds you striding along in life nicely and keeping Nordic fit and healthy.

Best regards, *Maree & Patrick*

## New partnership with the NATIONAL HEART FOUNDATION

We are very proud and excited to announce the partnership of Nordic Academy with the Heart Foundation Walking program. This program is **Australia's largest network of free community based walking groups**, led by volunteer leaders.

Together we will be aiming to further strengthen the walking groups network by **adding Nordic Walking as an exciting extra way** of staying motivated, challenged and active.

Special Nordic Walking training courses for HFW area coordinators, group leaders and members will be available soon. If you know any HFW participants please let them know!



## EURO ALPS TOUR 2010

From the **23rd June to 1st July this year, sixteen Nordic Walkers from around Australia** (and one brave Kiwi from Wellington) will descend upon the tiny yet spectacular village of Faschina in the Austrian Alps.

**For 9 days Patrick and Maree will lead Nordic Walks** to explore the sights and landscapes of the beautiful local surrounds, and offer a taste of the life and culture of this special area rich in tradition and customs.

We look forward to sharing some of our tales of adventure and rejuvenation from this inaugural trip in the next edition of Update e-news.



## INSPIRE Instructor of the Year



The 'INSPIRE - Instructor of the Year Award' is our way of paying tribute to one special instructor each year who has demonstrated an exceptional level of commitment, innovation, service or achievement.

This year's **INSPIRE Instructor of the Year** goes to **Carolyn Smith** from Bridgewater (SA).

Carolyn has been an enthused and dedicated NW advocate right from the start - traveling from Adelaide to Brisbane just to undertake her Instructor training. From then on its been full forward: starting up her NW business called **Nordic Walking SA** (with a super website - see [www.nordicwalkingsa.com.au](http://www.nordicwalkingsa.com.au)); running weekly classes from her physiotherapy clinic; promoting at local fairs and events and also conducting numerous training sessions in Adelaide. What an inspiration! Congratulations Carolyn.

Besides your title, you will receive high performance active apparel from our friends at Skins [www.skins.net.au](http://www.skins.net.au)



**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.

