

## Parkinson's UK Edinburgh Branch

# Nordic Walking for Parkinson's

For Edinburgh Branch PwPs & Care-partners

With Instructor

**Trevor Jones**

From 9th March 2017 – 10 week taster programme  
Thursdays, 12 noon till 1pm  
The Meadows, Edinburgh – meet Pavilion Café,  
Jawbone Walk, EH9 1JU  
Sessions are free and poles are provided

Member, *Bill Wright* comments, "I took the training course in Nordic Walking (NW) a year ago and although I haven't done as much as I wished, when I do, I find it invigorating and therapeutic. The major benefits are in my *posture, left arm mobility, cardiovascular fitness* and *co-ordination*.

After the initial training, NW is a bit like marching, you swing your arms up before bringing the pole down onto the ground. This gives the upper body exercise as well as the legs and, if like me, you have one arm which doesn't work so well when you are walking, this gets it moving! Once you get the hang of it, there's also a range of weekly walks run by Trevor. These vary in length and fitness level required: my favourite is Portobello Beach on a Thursday morning – at this time of year a *bracing walk* along the beach for an hour starting at 10am."



For further information about Trevor, his website is

[www.getmefitquick.co.uk/nordic-walking](http://www.getmefitquick.co.uk/nordic-walking)

and there's an informative demonstration on youtube – search the internet under *Advance Rehab Centre Nordic Walking*

To book for the taster sessions or for further information, please contact Bill Wright, [Bill@edinburghparkinsons.org](mailto:Bill@edinburghparkinsons.org), or on 0131 281 6880 or 07981 948 402.

[www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)