



## Flintshire County Council welcomes a new outdoor activity at Mold Leisure Centre

**Every Tuesday 9.30am - 10.30am**

- The Workout that tones the whole body
- Working 90% of the muscles in your body
- Burns 46% more calories than ordinary walking
- Great for neck, shoulder, back problems and weight loss
- Suitable for all levels
- Sociable and safe outdoor activity



## £2.50 per Session

**Meeting Point: Mold Leisure Centre Fitness Suite at 9.15am**

Early booking is advised due to limited spaces  
Please book a place by contacting 01352 750572  
Only 12 places per session available



Any Further Enquires Please Contact 01352 750572  
**\*Expert Tuition by Qualified Instructors, Nordic Poles are provided**





## What is Nordic Walking?

Nordic Walking uses special designed poles to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross country skiing.

Nordic Walking is a specific fitness technique and is not to be confused with trekking, hill walking or trail running as the poles are not planted in front of the walker/runner but in a specific way that increases the use of the upper body.

Nordic Walking is a whole body exercise activity and can be enjoyed by all, whatever your fitness level. More than 10 million people globally enjoy this outdoor activity all year round.

## The walk and Clothes

The walk starts at Mold Leisure Centre and then heads up towards the industrial estate behind the Leisure Centre, mostly sticking to public footpaths and country lanes.

- Terrain - Gravel, tarmac, soft grass and muddy tracks (depending on weather)
- Footwear - Supportive trainers or walking shoes, avoid anything with rigid soles or walking boots
- Clothes - Warm loose layers with a waterproof jacket for winter conditions / Comfortable loose wear for summer weather
- Avoid cotton T-shirts and jeans that rapidly feel heavy and clammy when damp.