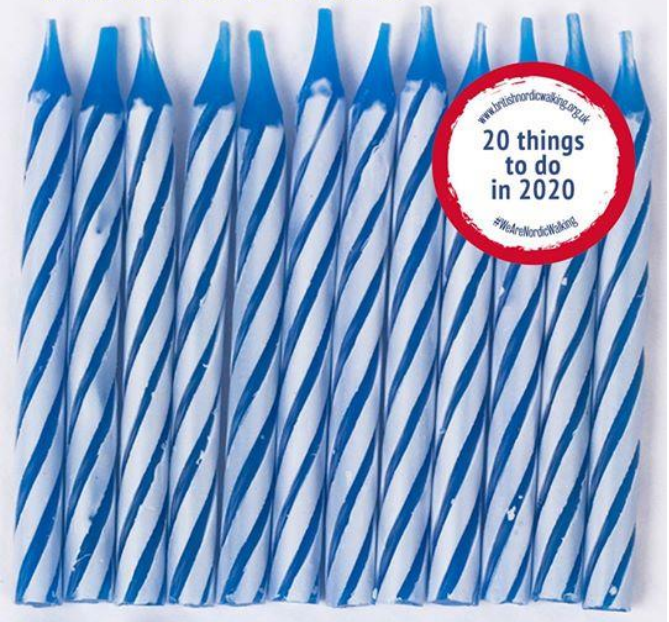
INSTRUCTOR TEAM 2019
British Nordic Walking
#BritNW
INSTRUCTOR TEAM 2019

3. Say "Happy Birthday to INWA in a video

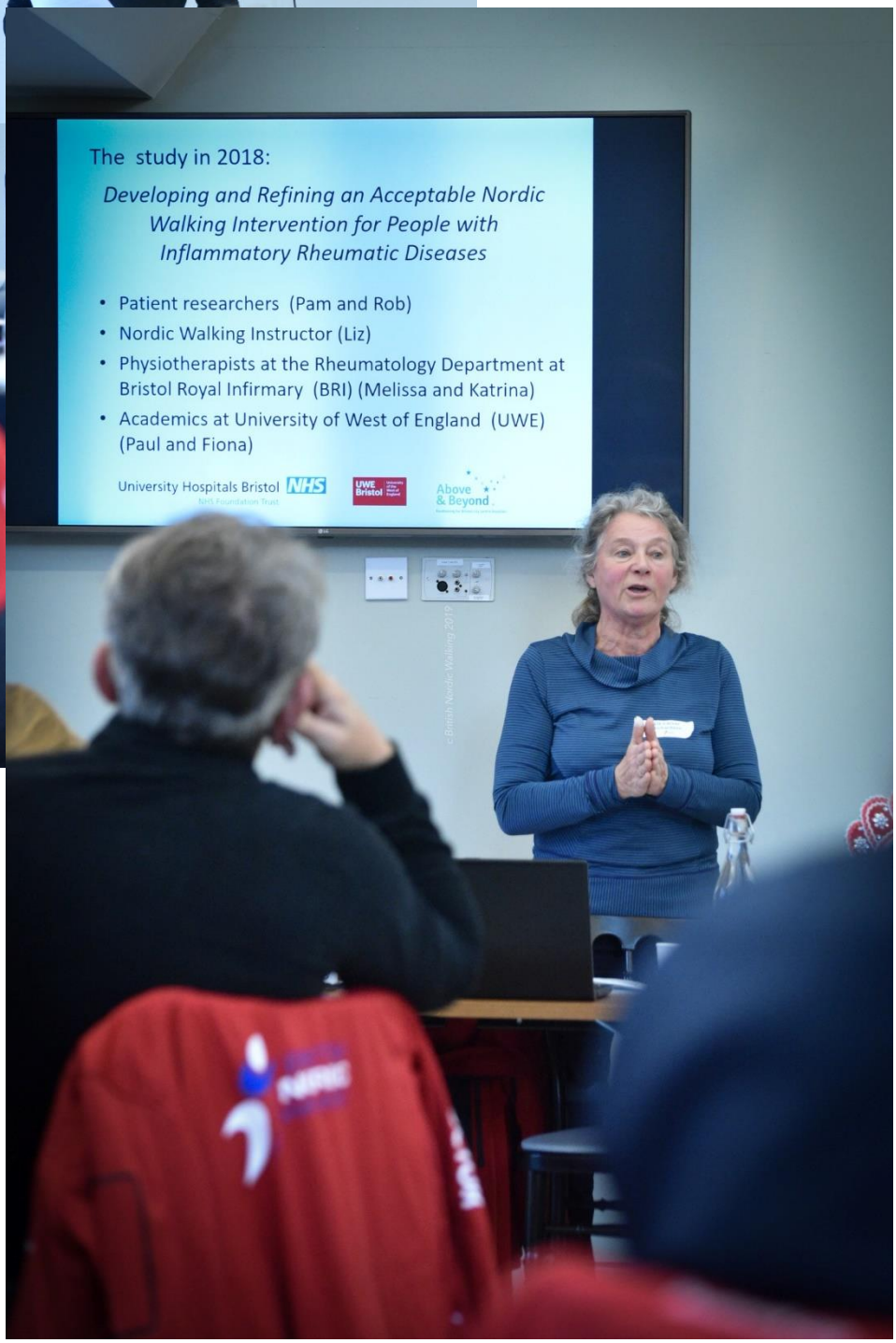


BRITISH NORDIC WALKING
Nordic Walking gives faster results for weight loss than normal walking
-14% Upper body fat
+14% Strength, biceps
-8% Waist circumference
+8% Aerobic capacity
+35% Strength, arm curl
+17% Strength, quads
-9% Leg fat
-6% Body Mass Index
-8% Total body fat

Instructor Convention 2019
BRITISH
NORDIC
WALKING
INWA
United Kingdom

LimbPower and British
Nordic Walking
Working with people with a limb
impairment
Andy Brittles
National Sports Development Officer
Limb
POWER

Diary 2019
GDPR And Information Commissioner's Office


The study in 2018:
Developing and Refining an Acceptable Nordic Walking Intervention for People with Inflammatory Rheumatic Diseases
• Patient researchers (Pam and Rob)
• Nordic Walking Instructor (Liz)
• Physiotherapists at the Rheumatology Department at Bristol Royal Infirmary (BRI) (Melissa and Katrina)
• Academics at University of West of England (UWE) (Paul and Fiona)
University Hospitals Bristol
NHS
UWE Bristol
Above & Beyond

WALKING ASSOCIATION
WA
Catherine Hughes
EXEL
Nordic Walking
Challenge Events 2019
5km or 10km
BRITISH
NORDIC
WALKING

IN WA
BRITISH NORDIC WALKING
IN WA
BRITISH NORDIC WALKING

Brain Improves Mood
Heat Lowers Blood Pressure And Risk Of Heart Attack
Arms Strengthens
Relieve Back Pain
Tightens Abdominal Muscles
Hips Reduce
Leg Lowers The Risk Of Blood Clots
Keep Knee Joints Healthy
Feet REduce The Load On Other Joints
How 15 Minutes Of Walking A Day Can Change Your Body