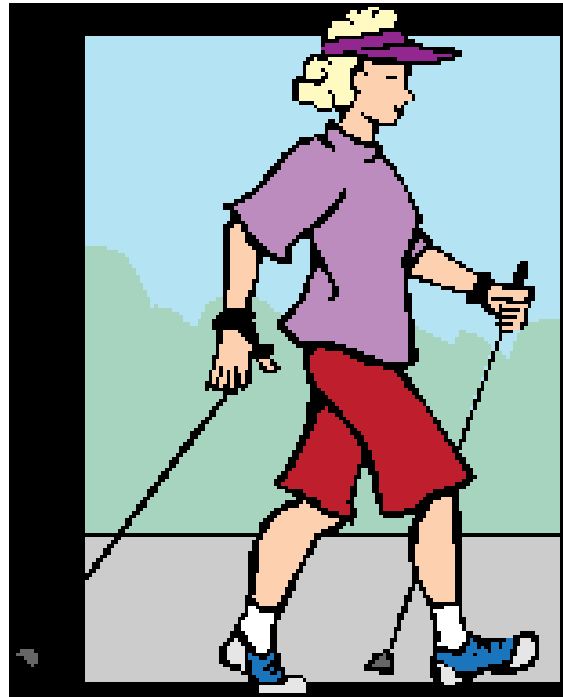


FREE NORDIC WALKING COURSES at SANDERS PARK

Physical Benefits

- ◆ Tones the upper and lower body at the same time.
- ◆ Uses 90% of the skeletal muscles.
- ◆ Burns up to 46% more calories than ordinary walking.
- ◆ Reduces the pressure on knees and joints.
- ◆ Great for the Heart and Lungs.



The course will consist of 4 x 1 hour sessions delivered by trained instructors at a time to suit everyone be it daytime, evening or weekends. Walking Poles will be provided during the course and will be available to hire after completing the course for individual walking sessions.

Running throughout the Spring & Summer periods at Sanders Park.

Register your interest now to reserve a place on either a daytime, evening or weekend course.

Tel: 01527 881652

Email: sportsdevelopmentenquiries@bromsgrove.gov.uk

"The funding from NHS Worcestershire is to help County Councillors champion for better health in their constituencies and this project is supported by County Councillor Emma Moffet.

public health
making good health happen

