

Nordic Walking for Seniors Club

Hi all. I and colleague Isobel, another Nordic Walking instructor, are planning to form a new club in a number of areas. The concept is outlined below. We intend to apply for grant aid to extend the reach of the club throughout North and North East Derbyshire.

In order to establish and manage the club we need at least three committee members... A Chair, Treasurer and Secretary. None of these roles would be demanding as we would run the club but wish to have a committee which is independent. Would any of you be willing to take on any of these roles or be a member of the committee?

BEST WISHES PHILL

CONCEPT....

Older people face a number of challenges when they consider exercise despite the fact that research indicates that they fully appreciate the need to remain active in older age.

Currently the importance of older people undertaking activity which strengthens muscles and improves balance is being stressed by Public Health England and the Centre for Ageing Better.

An article published in the British Medical Journal (BMJ) (18 October, 2017) presents evidence showing that regular exercise can allow an older person to, in the words of the report, "drop a decade". That is they can slow the aging process.

The report goes on to say :-

"It reinforces the message that frailty, dementia and disability are not inevitable consequences of ageing". In addition an evidence review (July 2018) commissioned by Public Health England and the Centre for Ageing Better reported that:-

"Muscle and bone strengthening and balance activities continue to have great health benefits for all adults, including older adults aged 65 years and over. They also help to prevent falls a major cause of injury when we get older".

The report also states :-

"Strengthening and balance activities not only help to prevent falls, but also help improve your mood, sleeping patterns, increase your energy levels and reduce the risk of an early death".

Activities which were found to have the most benefit for muscle and bone strengthening and balance include Nordic Walking.

What is NW4S ?

Nordic Walking for Seniors (NW4S) has been specifically designed to enhance all five elements of fitness - aerobic fitness, muscular and tendon strength, balance, flexibility and coordination.

The two Principals of the club are Isobel Murray an International Nordic Walking Federation certificated instructor, member of British Nordic Walking and Physical Education instructor, and

Phill Alcock, an International Nordic Walking Federation certificated instructor, a Walking for Health Leader, member of British Nordic Walking and member of the International Parkinson and Movement Disorder Society.

Nordic Walking is recommended by both the NHS and Public Health England to enhance aerobic fitness and strength enhancement and balance training. NW4S has been specifically designed to bring these benefits and more to everyone over 55 years of age.

Barriers.

The Nordic Walking for Seniors Club addresses the various barriers older people often face preventing them from taking part in exercise for health, as described within the table below.

Barriers to exercise for seniors and how NW4S addresses them.	
Chronic ill-health problems perceived to prevent taking part in any exercise (this includes cardiac illness, breathing problems, arthritis, myalgia etc.)	NW4S can be enjoyed by a very wide range of individuals including those with mild to moderate movement issues. In fact it enables virtually anyone to enjoy the health promoting effects of walking.
Lack of confidence.	The club enhances confidence by peer support. It is non-competitive and non-threatening.
Inertia.	Participants may start slowly and advance at their own pace.
Fear of injury.	NW4S can prevent injury it is safe for the vast majority of people. According to NHS choices website... "Nordic walking is a full-body exercise that's easy on the joints and suitable for all ages and fitness levels".

Lack of time.	NW4S can be performed at any time and in virtually any place. It can be practiced in time slots as small as 10 minutes making it easy to fit into daily living.
Cost.	The poles used for NW4S can be purchased for less than £50 and following their purchase there is no on-going cost.
Convenience.	As above NW4S can be performed virtually anywhere making it a very convenient form of exercise.
Lack of energy.	Once individuals commence NW4S they very soon find that their energy levels increase significantly.
Poor mood.	NW4S, like most forms of physical activity, will improve and enhance mood.
No-one to exercise with.	The Nordic Walking for Seniors Club provides the opportunity to be active with others, to make new friends and to counter social isolation which seniors often suffer.
Boredom.	NW4S is a fun activity, usually enjoyed out of doors providing a wealth of stimulus to counter boredom.

Contacts :-

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