

Nordic Walking Study

Investigates safety and efficacy of Nordic walking intervention on posture, function and quality of life in individuals at risk of fracture

Example Session

Jun 22nd, 2020

**Please pause the
video to perform:**

**Good posture
hold for ~15s**



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**Please pause the
video to perform:**

Shoulder rolls

10 forward

10 backward



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**Please pause the
video to perform:**

Toe-to-heel balance

~30s



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**Please pause the
video to perform:**

Single-leg balance

~30s each side



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Please pause to perform:

Nordic walking

Week 1-3: 15-20 min

Week 4-6: 20-30 min

Week 7-9: 30-35 min

Week 10-12: 35-45 min



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Please pause to perform squats

Week 1-3: aim for 5-8 squats

Week 4-6: aim for 9-12

Week 7-9: aim for 7-9, rest, repeat 7-9

Week 10-12: 10-12, rest, repeat 10-12



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Please pause to perform:

Lunges

Week 1-3: 5-8 lunges

Week 4-6: 9-12

Week 7-9: 7-9, rest, do again 7-9

Week 10-12: 10-12, rest, do again 10-12

Switch the front leg and repeat



**Please pause the
video to perform:**

Calf stretch

~30s each side



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**Please pause the
video to perform:**

Hip flexor stretch

~30s each side



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**Please pause the
video to perform:**

Back stretch

~30s



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**Please pause the
video now to perform:**

Chest stretch

~30s



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Special thanks to the cast!

Nordic walking study peer trainers:

- Howard Giles
- June Giles
- Sheila Haubrich
- Hilda Heinrichs
- Dianne Luce
- Sylvia Raginski
- Aleatha Schoonover

Nordic walking study student trainer:

- Tania Alazawi



Acknowledgements

- **Nordic walking study team members and participants**
- **Student and peer trainers**
- **Saskatchewan Health Authority**
- **Osteoporosis Canada**
- **Downstream Productions**
- **Financial support from:**



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