Nordic Walking Group Information

Welcome to the Cancer Rehab Team Nordic walking group. Nordic walking has many physical and psychological benefits including:

- Strengthening muscles and bones
- Keeping the heart and cardiovascular system healthy
- Reducing fatigue
- Improving mood and reduces anxiety and depression
- Reducing side effects from cancer treatments
- Helping to maintain a healthy weight

What to expect

The course is free and will run as a one-off taster session, as an introductory session to Nordic walking.

We will meet on **Tuesdays at 1pm** at the top bench on the right hand side as you drive into Royal Victoria Park at the Weston Road/Park Lane roundabout junction (please see map below).

The session will be a total of approximately **45 minutes** including a short warm up and cool down.

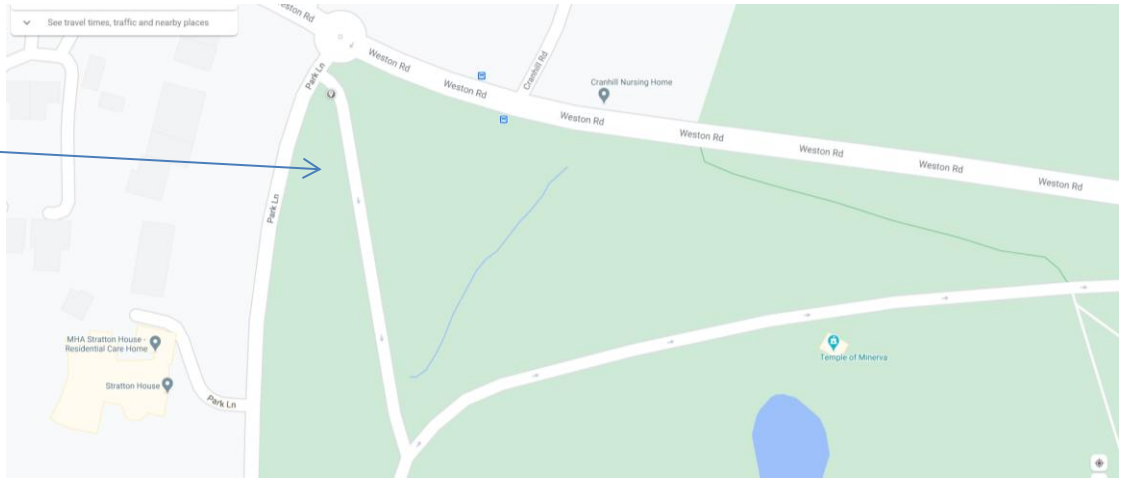
Please email the cancer rehab team if you are interested in attending: ruh-tr.cancerrehab@nhs.net.

We can then signpost to other Nordic walking groups if you would like to continue after the session.

Checklist for attending

- ✓ Dress appropriately for the Great British weather!
- ✓ Bring any medication that you may need with you (e.g. inhalers, GTN spray, insulin)
- ✓ Wear comfortable shoes and clothes to exercise in
- ✓ Water to keep hydrated
- ✓ Be aware of potential risks around you and the environment e.g. slippery surfaces/obstacles
- ✓ Please do not attend if you do not feel well enough to complete the session, know that you have an infectious disease or have symptoms indicating that you are infectious to others. If you are unsure whether to attend please contact us to discuss this.
- ✓ Remember to eat before exercising and bring a snack if needed
- ✓ Let us know if you are unable to attend by calling Therapies Reception on 01225 821242 or 821243
- ✓ Please let us know if there is any change to your medical condition (ruh-tr.cancerrehab@nhs.net)

We will meet at the top bench as you enter the park



We will supply poles for you to use at our group sessions.

Please see the information below if you would like to purchase your own pair to use independently:

WALX website - https://walx.co.uk

WALX contact number – 0333 1234 540

WALX email - support@walx.co.uk

Ex-demo - Activator walking poles for Rehab (Pair) - WALX Online Store - £65 per pair (these are the version of poles we use during the group, they have now been discontinued but you can contact WALX to see if any stock is available. These poles have been replaced with a new version of the Xcelerator, link below).

Xcelerator Walking Poles for rehabilitation - WALX Online Store - £84.95 per pair

You can get a 20% VAT exemption by contacting WALX, they will then email a form to complete.