

*Nordic walking isn't just a 'senior sport.'  
It's a fun way to burn calories and work your muscles*

If you're using Nordic walking poles, a specific type of trekking stick that requires a particular walking style, you can reap even more benefits.

For example, Nordic walking may reduce pain and fatigue in people with chronic conditions such as fibromyalgia, one study found.

This form of exercise also boosted functional capacity in patients with coronary artery disease better than high-intensity interval training or moderate-to-vigorous intensity continuous training, according to a 2022 randomized controlled trial. Functional capacity, a predictor of heart health, is your ability to perform daily tasks that require physical exertion, such as walking up stairs or carrying groceries.

Nordic walking burns roughly 20% more calories than regular strolls, too, according to the Cooper Institute in Dallas. Other estimates find the increased calorie burn can be as much as 67%. That's because Nordic walking uses 80% to 90% of your muscles, as it engages both the upper and lower body, said Dr. Aaron Baggish, director of sports cardiology at Switzerland's University of Lausanne.

Nordic walking is also just plain fun, said Ivan Semirechenskiy, vice president of the recently formed Nordic Walking Association of North America, who's based in Alexandria, Virginia. Semirechenskiy, a former ballet soloist with the Bolshoi Theatre in Moscow, used Nordic walking as part of his recovery from a spinal issue. Today, he and Albert Fatikhov, president of the Nordic Walking Association of North America and a certified Nordic walking instructor, are introducing the sport to Americans to promote better health, performance and community.

“Some people think this is a senior sport, but it’s for everyone,” Semirechenskiy said. “It’s also a very social sport. You can create clubs and even teams.”

Indeed, there are Nordic walking organizations and competitions around the globe. Race distances vary, but several common ones are 5 kilometers (3.1 miles), 10 kilometers (6.2 miles) and 20 kilometers (12.4 miles). Fatikhov, incidentally, won multiple medals at the 2024 International Nordic Walking Federation World Championships.

## It's all in the poles

Nordic walking poles differ from traditional trekking poles because they have built-in gloves for your hands, not the simple loops found on hiking poles. The gloves wrap around the palm of your hand, allowing you to leverage the poles without gripping them.

"You're transferring more energy to your arms and shoulders," Baggish said.

“To get the most benefits from Nordic walking, you have to do it the right way,” Semirechenskiy said, interpreting for Fatikhov. “With hiking, you hold the pole all of the time. Here you push the pole backward, release it, shift it back up and hold it again.”

Baggish recommends Nordic walking to many of his patients, including elite athletes who often negotiate difficult terrain — for example, those who compete in mountain ultramarathons — as well as moderate exercisers who enjoy walking and hiking, and people with some type of disability for whom the use of Nordic walking poles enables them to move in a safer, healthier fashion.

In Baggish's practice, those with balance issues find using Nordic poles to be a game changer.

“Nordic walking helps people recover from surgery, maintain their body shape, solve joint problems, maintain brain health and so on,” Semirechenskiy said. “It helps people be as healthy as they can be for life.”

Getting started is easy, book a session now:

<https://www.runspire-notts.com/travel-well>

Find out more about the full article here:

<https://edition.cnn.com/2025/11/16/health/nordic-walking-benefits-wellness>



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## Event Highlight

### Health Heart and Travel Well Event:

We were delighted to join the successful Health Heart event at Harvey Hadden on 24 November 2025.

The Aspire team delivered an engaging health talk and provided health checks to participants, and we were pleased to be there alongside them to introduce our services and share how we can support community wellbeing.

Local residents also enjoyed free Dr Bike sessions and police security bike marking, helping everyone keep their bikes safe and in good condition.



## Upcoming Events

### Travel Well at Tesco Bulwell -

35 Jennison St, Bulwell, Nottingham NG6 8EQ  
Tuesday, 9 December 2025, 1PM - 3PM

### Travel Well at Community Health Hub - The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ  
Monday, 15 December 2025, 11:30AM - 1:30PM

## TRAVEL WELL BIKE LIBRARY *Adapted e-bikes Drop in session*

Harvey Hadden Sports Village, NG8 4PB  
10am - midday  
Wednesday 3rd December 2025

Booking  
preferred  
so idea of  
numbers.  
Details  
below.

Celebrate ability  
Promote accessibility  
Support equal opportunities for all



International  
Day of  
Persons with  
Disabilities  
3 DECEMBER



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# Travel Well: Cycling Activities

<https://bookwhen.com/ridewise/travel-well>

	Led Ride	Women only Led Ride
Colwick Park	Wednesday, 3 Dec 25 11am – 12pm  Sunday, 7 Dec 2025 11am - 12pm	
Harvey Hadden Sports Village		Monday, 8 Dec 25 10am – 11am


# Travel Well: Walking Group

<https://www.runspire-notts.com/travel-well>

	Nordic Walking	Wellbeing Walk
Bulwell Ken Martin Leisure Centre	Thursday, 11am - 12pm	
Bulwell Riverside		Monday, 11am – 12pm
Colwick Park	Tuesday, 11am - 12pm	Thursday 1pm - 2pm
Strelley Village	Wednesday, 1pm - 2pm	

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Refer your patients here:  
[Active Travel Referral Form](#)



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