

Walking with poles



Goal:

The aim of Nordic walking for elderly is to promote physical health. Nordic walking means taking a walk with poles. Nordic walking is a more effective exercise than a regular walk, because you can raise your heart rate more and use more upper body muscles.

Preparations: Select poles that are the appropriate height, i.e. a beginner walking on level ground should have poles that are 0.62 times their own length.

Plan the route in advance according to the client's functional ability and interests. Choose the walking route carefully and consider at least the following:

- Is there an easy and aesthetic walking route in your surroundings?
- Always choose the route according to the older person's fitness and preferences (length, rest areas, environment and terrain, accessibility).
- Are there any interesting and beautiful things to look at in nature? Then it is nice to be able to stop for a while, lean on the poles and let your eyes rest on the landscape.

Nordic walking:

- Walk at the elderly's own fast pace.
 - Try to walk with the shoulders as relaxed as possible.
 - Let the arms hang close to your body and look forward.
 - Then take hold of the poles. Keep them close to your body.
 - Place one pole on the ground with the shaft angled forward.
 - Use your muscle strength and apply force when you put the pole on the ground.
 - Push off with the pole so that you get a push forward.
 - Continue so that the right and left poles alternately push off towards the ground.
- Feel your arms swinging as you walk.
 - Your right leg and left arm should move forward at the same time.
- Remember to always insert the pole at the level of the heel of the foot on the ground, never in front.

You can see from the video the correct technique for Nordic walking: Modern Nordic Walking – the presentation: <https://video214.com/play/KCbydNpY4DRYvstNNomqOw/s/dark>

**Time:**

Nordic walking can vary in length depending on the elderly's physical capacity, ranging from 10 minutes to 60 minutes. Make a plan to supervise Nordic walking on a regular basis, if possible daily or several times a week, to benefit from the health effects.

**Alone or in a Group:**

The pole walk is done individually

Source: The activity is created with inspiration from models and ideas from national material banks ([Institute for the Elderly](#) and [Walking companion for the elderly, out in the nature Nordic walking, 1177.se Nordic Walking](#), International Council of Nordic Walking [World Modern Nordic Walking Academy ry](#), and ChatGPT's proposal