

Nordic Ambles

Want to feel fitter, improve posture and meet new friends this autumn?

Nordic walking can help you achieve this whilst being in the great outdoors and all with a low impact on your joints.

Exercise 90% of your muscles and learn a new skill. Enjoy the sights and smells of autumn



“Enjoyable.
Felt
refreshed”

“Amazing
how it takes
the weight
off knees
and hips”

**Every Thursday 09.15 - 10.15am starting 6th
November**

Different routes (1 ½ miles long) in and around the Belper area

**Walking poles provided. Pre-booking essential. For further
details and costs find me on Facebook**

text: 07967 727780 or email: nordicstride2thrive@gmail.com



NORDIC
Stride 2 Thrive