

## National Fitness Day – Nordic Walking

National Fitness day on the 25 September 2019 was a wonderful opportunity for Helen Murray, Chelford's very own personal trainer to promote a free taster in Nordic Walking. This is an enhancement of ordinary walking and something we can all do, but twice as effective through the use of poles. Using poles really works the upper body in addition to the legs, helping to propel you along so you work harder with more purpose than you normally would and as a bonus it feels easier.

Over Peover WI members and friends turned out to learn more. Thank you Helen, a great session and you kept the rain away!



For more information on Nordic Pole walking contact Helen on 07725 915494 or email Helen on [CanduHelen@gmail.com](mailto:CanduHelen@gmail.com)