



The activity is suitable for all ages and is a great way to meet new people and have a chat as you walk. Exercising outdoors gives a sense of wellbeing and has a positive effect on your mood.

#### Why not try Nordic Walking?

It doesn't matter if you have never tried it before, we have the Nordic walking poles for you to borrow. A leader will show you how to use the poles and get you started. All you need to do then is practice.

Once you know the basics our Nordic walk leaders organise regular sessions at various locations throughout Kirklees, to get you walking the Nordic way!

#### For further information about Nordic Walking please contact

The Sport & Physical Activity Development Team

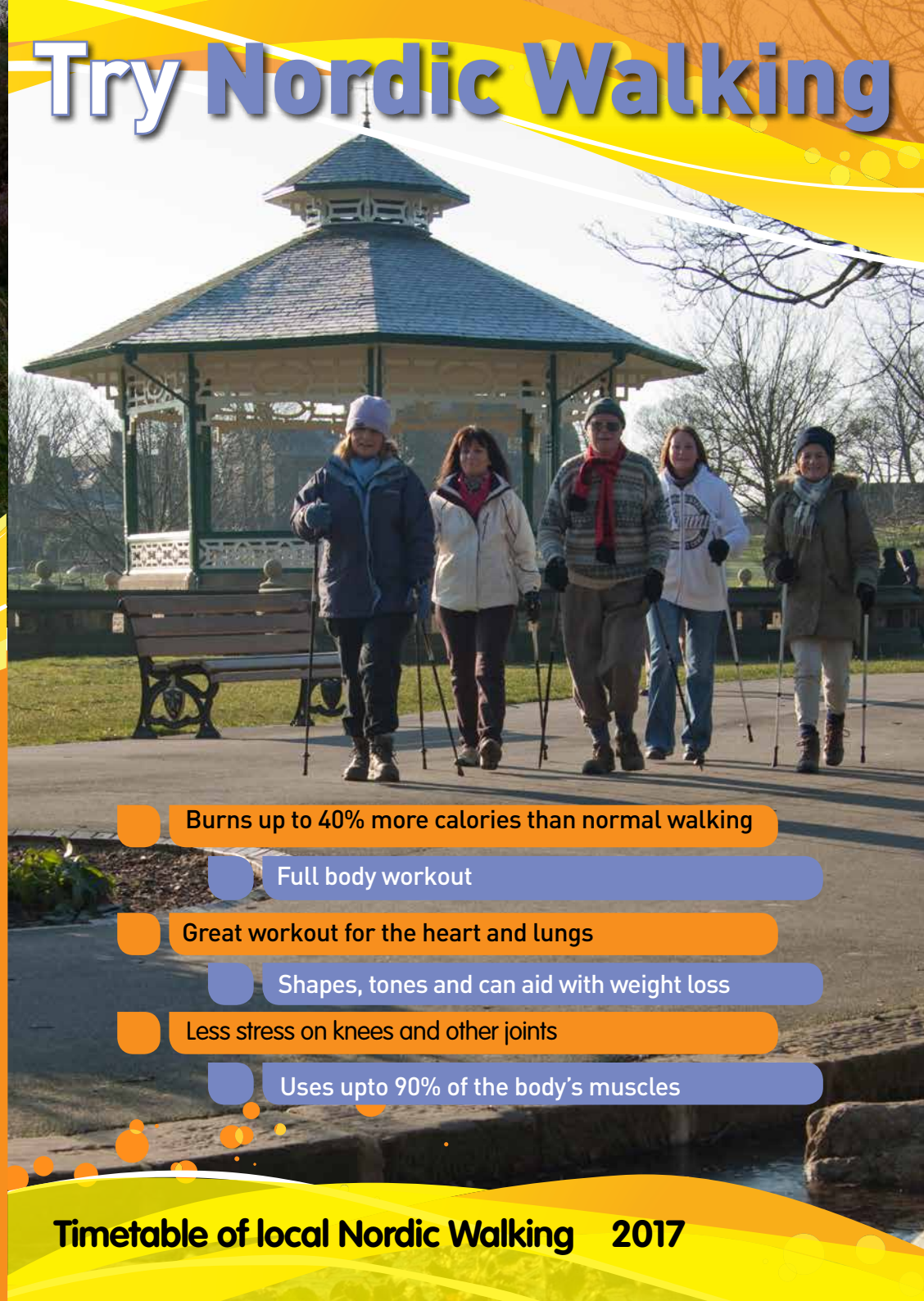
Tel: **01484 221000** and ask for the above team

Email: [spadt@kirklees.gov.uk](mailto:spadt@kirklees.gov.uk)

Web: [www.kirklees.gov.uk/walking](http://www.kirklees.gov.uk/walking)

Full details inside.

# Try Nordic Walking



Burns up to 40% more calories than normal walking

Full body workout

Great workout for the heart and lungs

Shapes, tones and can aid with weight loss

Less stress on knees and other joints

Uses upto 90% of the body's muscles

# NORDIC WALKING SESSIONS

Walking sessions take place at various locations throughout Kirklees.

- Most walks are approximately one hour long, but this may vary. Please contact the leader beforehand for details.
- Nordic poles are available to borrow if required.
- Please dress appropriately for the weather, as if you are going for a brisk walk. Outdoor trainers are ideal.

If you've never tried Nordic Walking before no experience is required.

A leader will be on hand to show you how to get the most benefit from Nordic walking. If it's your 1st time please call the relevant walk contact from the list below so they are aware you are coming and they may ask you to arrive a bit earlier so they can show you the basics.

Meeting Point	Day	Time	Contact
<b>Marsden National Trust</b> Old Goods Yard Station Road, Marsden	Every <b>Monday</b> (except Bank Hols)	10.30am (approx. 1 ½ - 2 hours)	Graham Simpson 07761488745
<b>Spenborough Pool</b> Bradford Road Liversedge Meet in the café by the pool	Every <b>Tuesday</b>	10.30 am	Sasha Lockwood 07970096492
<b>Holmfirth Sands Recreation Ground (outside the pool)</b> Huddersfield Rd, Holmfirth	Every <b>Tuesday</b> At 9.30 am there is the option of a 30min steady walk prior to the main walk at 10am please call for details	10.00 am (approx. 1 ½ hours)	Christine - 07715566816
<b>Oakwell Hall Country Park</b> Nutter Lane, Birstall, Batley Meet by the Gift Shop	Every <b>Wednesday</b>	10.30 am	Amanda Walker 01484 221000 option 3 Ian - 07836381533
<b>Cleckheaton Library</b> Whitcliffe Road Cleckheaton (01274 335170)	Every <b>Thursday</b>	10.00 am (2 hour brisk walk) 11.00 am (1 hour)	John - 07762134243
<b>Castle Hill</b> Top Car Park Huddersfield	<b>Thursday's 2017:</b> Jan 12th, 26th      July 13th, 27th Feb 9th, 23rd      Aug 10th, 24th March 9th, 23rd    Sept 7th, 21st April 6th, 20th     Oct 5th, 19th May 4th, 18th      Nov 2nd, 16th, 30th June 1st, 15th, 29th   Dec 14th	10.30 (approx. 1 ½ hours)	Julian Brown 07968 426312
<b>Tolson Museum</b> Ravensknowle Park Wakefield Road Huddersfield	Every <b>Thursday</b>	12 noon (approx. 1 hour)	Museum - Emma 01484 223240
<b>Greenhead Park</b> Huddersfield Meet top café opposite the tennis courts	Every <b>Friday</b> Circuits of the park at your own pace	10.00 am onwards	Sheila - 01484 427792
<b>Lindley Library</b> Lidget St, Lindley	Every <b>Saturday</b> followed by refreshments in the library	10.00am (approx. 1 ½ hours)	Alison - 01484 314863 Library - 01484 414868
<b>Other Opportunities in Kirklees</b>			
<b>HD3 Fitness Centre</b> New Hey Road Salendine Nook	Every <b>Wednesday</b> Duration approx 1hour 30 min	9.30 am	01484 646506 £3.50