**KLAC Nordic Walking Group **

This is an exercise that uses about 90% of your body’s muscles and is suitable for all ages and is gentle on the body.

Nordic Walking is easy to do, once you get the hang of it.

The following YouTube Video shows you how:

https://www.youtube.com/watch?v=Yg3QMD4dtlM

We meet in Brimbank Park, at Car Park **A,** which is in front of the Visitor Centre & Cafe on

Fridays at 0930 & Depart at 0935 for our walk.

**NOTE:** There will be no walking on days where the temperature exceeds 33 degrees celsius or on days that are extremely wet.

The route inside the park will be varied each week and may have some slopes.

The Club owns 12 sets of poles, of various lengths, which will be available to use.

Also, if you can't make it on Fridays, Nordic Walking is available on Monday Club days for a gentle flat trip usually around the Football Oval at 0900. All are welcome to attend both sessions.

Jill Kriechbaum Mob: 0431 182 713

KLAC Nordic Walking Convener.

Date 13/06/2021