

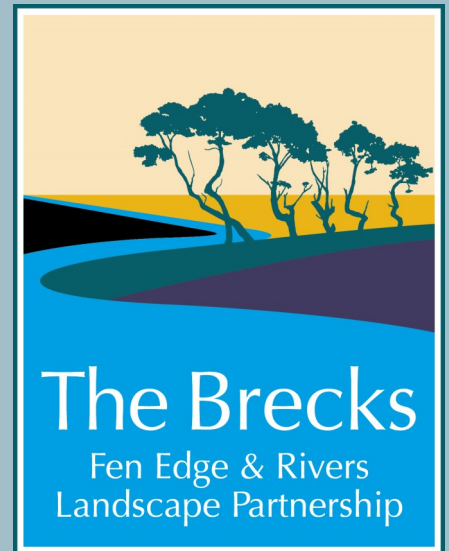


**POSITIVE STEPS**  
FITNESS & WELLBEING

# Free Nordic Walking Taster Sessions

at West Stow Anglo-Saxon Village and  
Country Park

Wednesday 13th October - 2pm and 3:30pm



**The Brecks**  
Fen Edge & Rivers  
Landscape Partnership



If you've ever wondered if Nordic Walking might be for you and want to do something different to get healthy this might be just the thing for you! Nordic Walking is based on the natural movement patterns of walking and so is an accessible form of exercise. You will improve your health and wellbeing dramatically by Nordic Walking. The taster session will help you understand just how beneficial Nordic walking can be and how it is far more than just walking with poles!

Kevin Marshall and Sara Mortimer (Positive Steps Fitness and Wellbeing) have instructor membership with British Nordic Walking and International Nordic Walking Federation (INWA). INWA is the official worldwide federation promoting Nordic Walking. INWA has developed a unique 10 Step Teaching Method.

Following these taster sessions, Positive Steps will be offering a full 6-week training course at West Stow which will run every Wednesday from 20th October to 24th November. The introductory course will help you to not only learn correct Nordic Walking technique but will help you to use it to achieve your personal health and fitness goals.

Limited spaces are available so book now to avoid disappointment:

2pm slot: <https://tinyurl.com/de97tcaa> or 3:30pm slot: <https://tinyurl.com/ywf2n69w>  
07955 495016 / kevin@positivestepspt.co.uk

