

BECOME A NORDIXX INSTRUCTOR

Everybody can become a Certified Nordic Pole Walking Instructor and help to share the Health Benefits and supply poles to others.

Take your Certification Course with one of our very experienced MASTER INSTRUCTORS or sign up for our new ONLINE Certification Course at www.nordixx.com.



BECOME A NORDIXX GROUP LEADER

You would like to share this wonderful NPW experience with your family, friends or neighbours but you are not interested in participating in a full certification course, our instructors will enable you to help others into the technique of Nordic Pole Walking.

For more information visit:
www.nordixx.com or
email: mail@nordixx.com.



TESTIMONIALS

Sunnybrook Health Science Centre,
Toronto

The Sunnybrook Health Science Centre, Toronto was the first hospital in Canada to incorporate Nordic Pole Walking as a staff program with great success.



Sandra Blakely, Georgetown, Ontario
“I was on diabetes and blood pressure medication for years. In April this year I was introduced to the Nordic Pole Walking program. I walked 4 to 5 times per week about 25 minutes with my dog. In June my doctor stated that my blood pressure and insulin level was back to normal and I needed no medication. I lost about 10 pounds, feel stronger and mentally in good health. It changed my life!”



Nordixx
Pole Walking
...the smarter Way to Walk!

www.nordixx.com

HEALTH BENEFITS OF NORDIC POLE WALKING

Some examples of Clinical and Scientific Studies:



Weight Loss

NPW burns 25-67% more calories than regular walking because 90% of your body muscles are used.

Helps to eliminate Back, Shoulder & Neck Pain

Nordixx Poles with ergonomically designed wrist loops generate a continuous resistance and relaxation training for upper body muscles while walking.

Diabetes

Lowers blood sugar levels significantly more than regular walking due to full body muscle involvement.

High Blood Pressure

NPW enhances cardiovascular response and metabolism and reduces high blood pressure significantly within a short time.

Less Impact on Knee and Hip Joints

Up to 26% less impact versus brisk Walking without poles or jogging.

More Studies: www.nordixx.com

“The Ultimate Nordic Pole Walking Book”

Author: Dr. Klaus Schwanbeck,
Founder & President of
Nordixx Pole Walking Canada

mail@nordixx.com or web site



FOR FITNESS & WELLNESS

Nordic Pole Walking is more effective than regular Walking. Increase your Cardio Training and Strengthen all body muscles with one exercise. Your Goal could be a 5K, 10K or Half-Marathon.

FOR THERAPY

Nordic Pole Walking has been proven by worldwide scientific and clinical studies to deliver therapeutic benefits for various health issues and Chronic Diseases.



FOR REHABILITATION

Nordic Pole Walking has become an effective tool in cardiovascular, orthopedic and cancer rehab.

Nordixx Walking Poles instantly Improves Balance, Stability and Walking Gait.

More Information and Videos:
www.Nordixx.com



Osteoporosis Canada

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Fondation Trillium de l'Ontario

À votre service...pour le soin de votre avenir. Depuis 1968.



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BCRPA REGISTERED
FITNESS LEADERS