

Hiking equipment: Nordic-Walking Poles



Did you know that Nordic-Walking Poles (*sauvakävely*) originated in Finland in 1979? They were inspired by ski poles. Nordic -Walking became a worldwide trend at the end of the 1990's.

Using walking poles correctly, trains the arms, shoulders and back muscles by stimulating them. Through the use of the poles, the natural movements of the arms are increased and muscles are strengthened.

In addition, the poles contribute to the mobilization of the cardiovascular system.