

# Swish Events



[www.swishcorporation.com](http://www.swishcorporation.com)  
**1300 SWISH 1 (1300 794 741)**

Swish Events in partnership with Nordic Academy Australia, is proud to offer an event like no other.

Whilst Nordic Walking is relatively new to Australia this unique activity focuses on walking with specially designed poles and a learned technique to create a total body but low impact workout. The beauty of this is it can be done by anyone, anywhere at any time and although it seems straightforward, as with most things, the more you look the more you find there is to discover... enjoy your journey!

Swish Events and Nordic Academy Australia have spent time putting together a program that can be used pretty much anywhere by small or large groups and is ideal as an idea for a team building activity, conference breakout idea or group event.

Lasting around three hours (though this can be flexible to the time you have available) this session will be all about acquiring new knowledge and skills, encourage group interaction and develop team cohesion

After an introduction to Nordic Walking there will be an Ice breaker with some fun warm up games before the tuition starts and practical exercises are given to learn Nordic Walking. Guests will acquire up and downhill technique variations, get an insight into the equipment and get guided Nordic Walking amongst the flora and fauna. At the conclusion there will be a de-brief re observation of group dynamics, learning challenges encountered during this activity etc.

All pole hire is included and guests will receive a Certificate of Proficiency, Instructor for the duration of the event and take home handouts. So not only do the team get to bond and do something fun they also gain some valuable health benefits in a very low impact activity. As long as you can walk you can Nordic Walk!

Bottled water and fresh fruit is supplied and with prices starting from only \$80pp this is a great value for money product. Minimum group size is 8

Book today and be one of the first to say you went Nordic Walking!

