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Nordic Walking für Einsteiger: Technik - Ausrüstung - Ernährung - Trainingspläne (German Edition)

Ulrich Pramann, Bernd Schäufle

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Die Begeisterung für Nordic Walking ist ungebrochen. Mit Recht! Denn Nordic Walking ist eine besonders effektive Bewegungsform, von der Körper und Seele enorm profitieren: Es ist leicht und schnell erlernbar, löst Muskelverspannungen im Schulter- und Nackenbereich und hilft als ideales Outdoortraining bei der Gewichtsreduktion – doch vor allem macht es von Anfang an Spaß!

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