

**PARKINSON'S<sup>UK</sup>**  
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The University of  
**Nottingham**

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**We are seeking volunteers to participate in a research study on the benefits of Nordic walking to people with Parkinson's disease.**

Study title: Understanding the impact, accessibility and diversity of Nordic Walking in People with Parkinson's disease after the Covid-19 pandemic.

### What is Nordic walking?

Nordic walking is a style of walking using 2 poles, utilising both the upper and lower body. It uses up to 90% of the main muscles and is more efficient than just walking. It began in the 1930s when Finnish cross-country skiers would train with their poles during the summer.

There is a growing body of research supporting the use of Nordic Walking as a means of regular, outdoor exercise for people with a variety of physical and mental health problems. Prior research into people with Parkinson's has shown Nordic walking to improve quality of life, their pattern of walking, posture and cognition of movement preparation. Nordic Walking has been endorsed by

Parkinson's UK and British Nordic Walking .



### What are the aims of the study?

This study aims to add to the body of research, determining the impact of a Nordic walking programme on the physical and mental wellbeing of people with Parkinson's. We'd like to recruit people from a variety of backgrounds and start new Nordic walking classes in Nottinghamshire.

### What is involved?

The study involves 8 , weekly, one hour group sessions with a trained instructor, with data on your physical and mental wellbeing collected before and after the programme. There will be short questionnaires as well as some physical measurements regarding walking and posture. We'd like to follow up your progress after six and nine months. The study is based in Nottinghamshire.

### [Participant information sheet](#)

### Am I eligible?

If you are an adult with Parkinson's disease, who is able to walk for up to an hour without a walking aid and have no other major health conditions, you may be eligible for this study. This study has obtained approval from the FMHS Research Ethics; 331-0821



**If you are interested in participating please contact Sarah McCracken**

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**<https://nordicwalkingforparkinsons.org.uk/>**