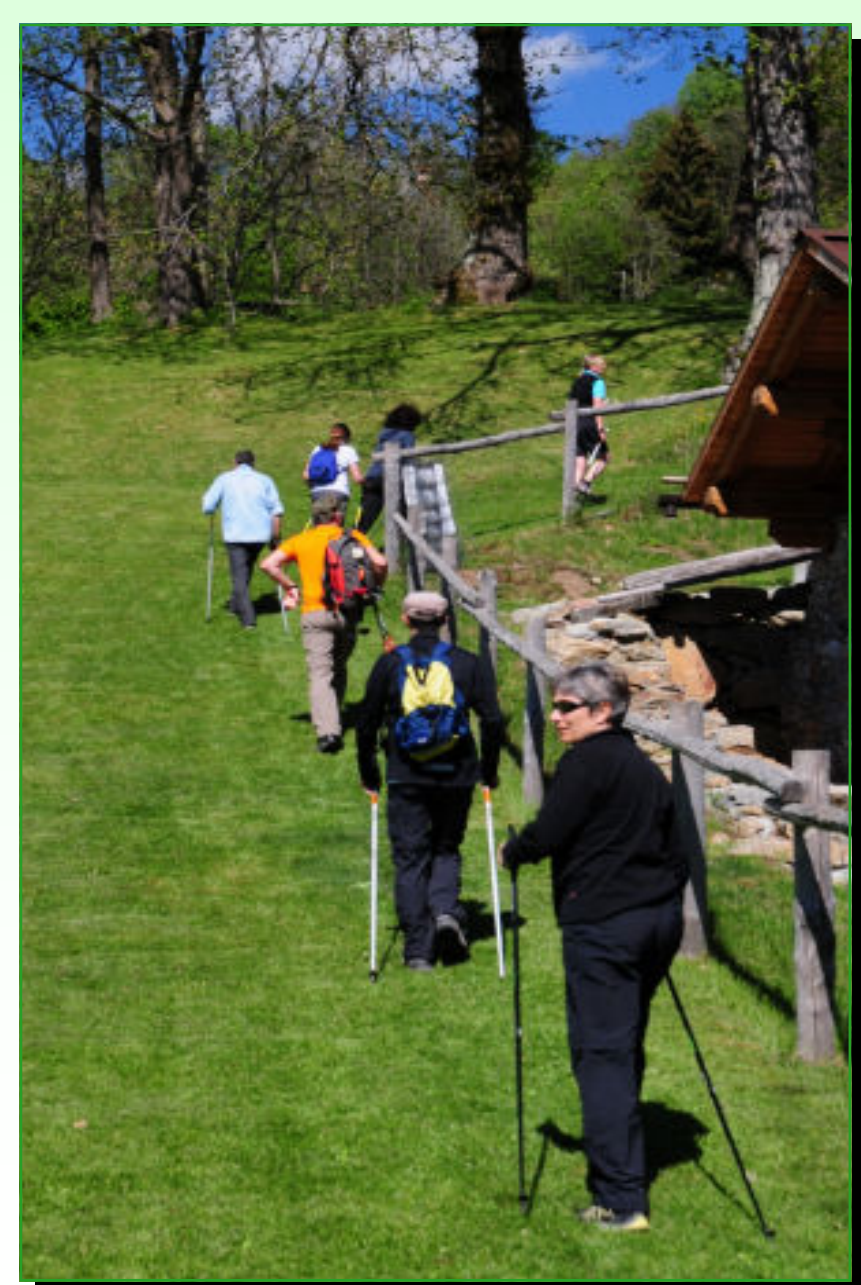


## Introduction

In the ASL TO4 (520,000 inhabitants) **physical inactivity is a problem**: 40% of people do physical activity below the recommended levels and 29% is sedentary. Following the Gaining Health National Strategy ASL TO4 established a multidisciplinary working group to promote physical activity. According to the principles of Toronto Charter this group launched in collaboration with Municipalities, Sport Promotion Organisations and Sports Clubs several initiatives, among which the Walking Campus to practice nordic walking. **Here have been carried out nordic walking lessons** for participants at the conference "Dalle parole alle azioni" organized to demonstrate the projects to promote physical activity going on in the ASL TO4.

## Methods

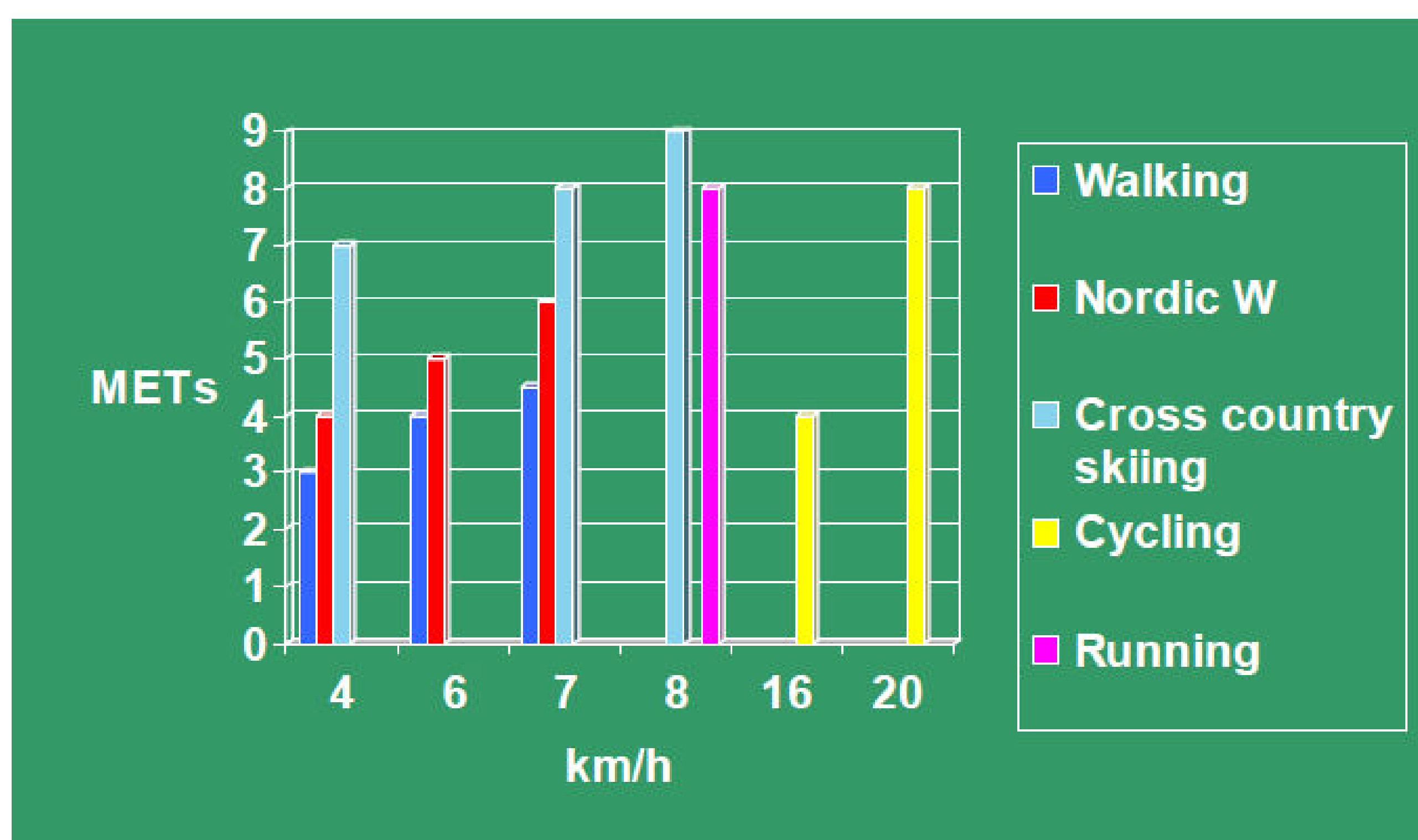
The Sports Medicine Service, the City of Ivrea and the Sports Club Nordic Walking Andrate organized nordic walking lessons at the Polveriera Park 1 day per week. **Nordic walking is recognized healthy, easy and safe.** Starting from January 2013, for 2 years, every Friday afternoon the instructors of the Nordic Walking Andrate welcome people, record attendance,



administered questionnaires, provide the sticks and impart lessons (nordic walking course are 3 lessons). Old and new participants are divided into groups according to their technical and physical level. **Participated sedentary people, women undergoing surgery for breast cancer, multiple sclerosis, blind, nursing students and Rehabilitation Service operators.**



Energy consumption (METs) at different speeds (km / h) in various physical activities (ACSM, 2001; Carrol, 2010)



## Results

Since the beginning of the activity until June 2014 were carried out at the Walking Campus 86 nordic walking sessions, attended by 218 people. **The total attendance was 1400 with an average attendance of 16.** During the conference "Dalle parole alle azioni" 100 congressmen were carried by bus to the Campus to follow lessons, and then came back to the conference venue walking with poles 3 km. Measurements of physical activity with portable device showed an average value of

4 METs. A Nordic walking session of 90 min allows you to practice half the recommended weekly physical activity.

## Discussion

Having a **stable site for nordic walking** has been a key resource to promote physical activity in sedentary individuals or patients suffering from chronic diseases. **Conference** was an opportunity to spread nordic walking and to involve other services, as well as the University. Participants in the Walking Campus have shown good liking, and the project has recently been replicated in Rivarolo, attendance 51 people.

