

# Leggere Nordic Walking Ebook Gratuito PDF/EPUB/mobi - Pino Dellasega



**leggere Nordic walking Ebook gratuito PDF/EPUB/mobi Pino Dellasega** , Un viaggio nella tecnica del Nordic Walking, spiegata nei minimi particolari e documentata con molte fotografie e utili esercizi per diventare padroni del gesto tecnico e per una scelta consapevole della necessaria attrezzatura e del corretto abbigliamento. Una parte significativa del volume è dedicata ai benefici del Nordic Walking sulla salute con diversi contributi di illustri professionisti della medicina che spiegano con chiarezza quali vantaggi si possano ottenere con la pratica costante di questo sport. Ampio spazio trovano anche importanti testimonianze ed esperienze di sportivi e manager che mostrano come la camminata con i bastoncini possa avere una moltitudine di varianti e possa quindi essere proposta in ambiti molto diversi tra loro. Non manca infine lo spazio dedicato alla filosofia del cammino che vede il Nordic Walking come un percorso

interiore che - passo dopo passo e lontani dal caos della quotidianità - ci trasporta nelle emozioni e ci fa tornare ad essere sognatori.

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