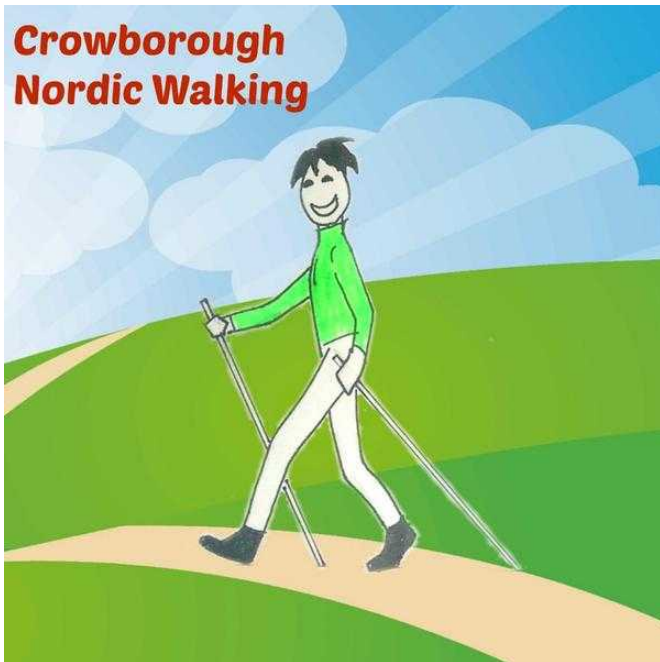


# Get fit and toned in 2016 for FREE



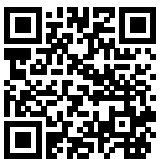
Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-269149-z>



Set up as a friendly group for Crowborough locals who currently enjoy Nordic Walking or are interested in trying Nordic Walking and making new friends. This sport uses arms and legs, so it's an all over tone up, and your heart gets a good workout without making you breathless. Regulars are happy to provide tips on the technique. You only need trainers, and a set of Nordic poles cost around £20. There are usually walks on weekday evenings around Crowborough, and if the ground is OK, we try to get on the forest at weekends. Contact Sue 07539 625954 for details of where and when our next walk.



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