

NEWS RELEASE



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Waterford Health & Fitness Club

Health & Fitness Club

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For immediate release

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“Father of Nordic Walking” offers class at Waterford

VANCOUVER, Wash. — Tom Rutlin — often referred to as the “father” of Nordic walking — will be at Waterford Health & Fitness Club on April 27 to lead an “Exerstrider Method Nordic Walking” workshop. This is the first time Rutlin has visited the Vancouver-Portland area. Rutlin is recognized internationally for his pioneering work in fitness walking that uses specially designed poles to augment the health benefits of walking.

Exerstriding was born in 1985 when Rutlin developed a method that combined the full-body toning of cross country skiing with walking using special walking poles he created.

There is no charge for the workshop, which is open to the public and will be held from 1 to 3 p.m. at the Waterford club, 2927 S.E. Village Loop, Vancouver. Space is limited. Call (360) 433-6400 to register or for more information.

“We are delighted to welcome Tom Rutlin to Vancouver and offer this opportunity for people to work directly with him and learn his unique walking technique,” says Waterford Health & Fitness Director Kim Lehmann.

The workshop is part of a 10-Week Walking Challenge that Waterford, AARP and other partners kicked off April 17.

There is no cost to participate in the Walking Challenge, and people can join at any point during the 10 weeks. Waterford Health & Fitness Club is providing step counters (pedometers), walking logs, team support, walking trail maps, weekly educational opportunities and full support for all walkers and team leaders. Individuals can register for the Walking Challenge by calling Lehmann at (360) 433-6400 or by stopping by the club.

The Waterford Health & Fitness Club caters specifically to the needs of active adults, 40 years and older. Membership is open to residents of the greater Clark County area. The club includes heated indoor pool and spa, exercise room with specialized equipment, professional staff plus personalized programs and classes. Visit WaterfordVancouver.com/health-and-fitness-club for more information.

Rutlin is available for media interviews and photographs. The workshop is open to the media.

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