



Dear Nordic Walking Instructors of Poland,

I would first of all like to thank you for all the efforts you have done so far in the promotion of Nordic Walking in Poland. Last 12 months have been very encouraging for us and we now can clearly see that the work we and you have done for Nordic Walking is bringing some results also in Poland. In Europe Nordic Walking is the fastest developing recreational physical activity and it is good to have Poland to follow this trend. There are already over 6 million active Nordic Walkers in the world and activities in over 30 countries. International Nordic Walking Association INWA is proud to be the first and leading international association promoting Nordic Walking in the present and new countries. We see a lot of potential for Nordic Walking in Poland and we are also pleased to see that there are a lot of enthusiastic and dedicated people who want to learn more about Nordic Walking and spread this information to the people who really need it. Obesity is a serious problem all over the world.

Concerning the educational matters, we have been able to form a group of professional people who can do a great work for the promotion of Nordic Walking in Poland. There will be a new, well organized federation, which will then also be the official member and country representative of INWA. This organization will be led by Mr. Piotr Kowalski, who already has actively been promoting the educational programs of INWA in Poland and whom INWA also has been using in Nordic Walking promotions in other countries. If we think about the future development of Nordic Walking in Poland, it is very important that we have the highest level people working for that. Many may say that Nordic Walking is easy, but still we need to keep in mind that most of the people who would start this sport are not familiar with physical exercise. In this respect the instructors have a lot of responsibility. You need to make sure that these people can start this wonderful sport safely and so that they can enjoy it the best possible way from the very beginning and with the right, natural technique. Original INWA educational programs and materials have been developed this in mind by a number of international scientists, educators and fitness specialists of INWA. This is also the reason why INWA's organization is growing world wide so fast.

We look forward to seeing in Poland fast development of Nordic Walking. This can only be achieved by well organized and high quality education of people. In this respect INWA has all the tools for you. In order to support and accelerate this development we also have decided to have 2006 International INWA convention in Poland this fall.

This in mind, I would like to wish you all very active and enjoyable Nordic Walking summer.

Best regards,

Aki Karihtala  
President of INWA