

GET FIT... walk-fit...

...a complete sport for year-round well-being.

With over 40 years of experience in hiking, trekking and walking, GABEL believes in and support since year 2000 a new sport concept, a full year training that is becoming a new trend for well-being: The Stride Walk-Fit concept.

Stride Walk-Fit is the new way to keep in shape; an aerobic activity that can be practised all year round. Efficient, fun and motivating, the Stride Walk-Fit combines joy, simplicity and versatility for optimal health and physical fitness. This complete training program consists out of:



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INDOOR STRIDE FITNESS PROGRAM

A specialised training program to maintain fitness, muscle tone and body strength built up on the basis of aerobic fitness, taking advantage of working with poles. It includes a wide range of various exciting lessons combined with music making the training fun and effective.

Suggested activities are:

- **Stride Total Tonic**
(for specialised toning, e. g. Stride Ski and Stride Training)
- **Stride Combo**
(variable interval training)
- **Stride Style**
(mostly choreographed)
- **Stride Stretching**
(gentle stretching and muscle mobilisation)

OUTDOOR NORDIC WALKING

Nordic Walking is a fast growing discipline, that enables a total body work-out. Involving 90% of muscles, joints and ligaments, Nordic Walking is becoming synonym of wellness of body and spirit, making a natural movement become an effective sport and a valuable training. Many athletes and recreational sportive people are taking the maximum out of the Nordic Walking to reach their goal and to gain more vitality and joy of living.

