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You have received this email because you are a certified Walk With Ease leader in North Carolina. Emails will be monthly.

Welcome, Walk With Ease Leaders!

Hello, my name is Sydney Swaim. I am a junior in the Political Science major at UNC Asheville, as well as a communications and marketing student employee for Healthy Aging NC. I started working for Healthy Aging in September of 2018 and have since become a certified leader of Walk With Ease. Last Winter I had the pleasure of leading an on-campus WWE program with Ellen Garrison. I am here to help empower you to be great leaders! I will provide helpful resources that have benefitted me and will hopefully benefit you as well.



Stretching is a crucial part of safe walking

Appendix B (page 149) in your Walk With Ease book provides instructions and graphics on how to stretch. However, you and your participants might find it

who need a refresher at home. Luckily, the Arthritis Foundation compiled a list!

- [Straight leg calf stretch](#)
- [Hamstring stretch \(seated version\)](#)
- [Hip flexor/ Quadriceps stretch \(seated version\)](#)
- [Iliotibial Band stretch](#)
- [Bent leg calf stretch](#)
- [Front of calf/toe stretch](#)

If you have any useful tips you would like to share with the group or anything you'd like to learn more about, we'd love to hear from you. Feel free to reach out to me at NCHealthyAging@gmail.com



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