

Arthritis Foundation

# Walk With Ease

# Say Yes to Your Health!

Sign up for the employee Walk With Ease in the Worksite Program – it's the first step toward a better life filled with more energy, less pain and more opportunities to say Yes to what you love in life!

## Say Yes to:

- Stretching and Strengthening Exercises
- Tips for making physical activity part of your everyday routine
- Expert health advice from the Arthritis Foundation
- Personalized, safe walking routines
- Support and encouragement from your employer
- Camaraderie and fun among co-workers!
- Great prizes and incentives!

## Walk With Ease in the Worksite is proven to:

- Improve balance
- Reduce pain
- Build stamina, strength, confidence and walking pace
- Improve workplace limitation

**Walking can help you gain all the benefits of exercise, from weight loss to enhanced well-being.**

**Anyone of all ages and physical fitness levels can participate!**

Learn more about the Walk With Ease Program by visiting [www.arthritis.org/wwe](http://www.arthritis.org/wwe)

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### Fun & Easy 6-Week Employee Walking Program Includes:

- Certified Walking Leader
- Walking Guidebook
- **FREE** Mobile App

### REGISTRATION INFORMATION



**Arthritis Foundation**<sup>SM</sup>

Champion of Yes<sup>SM</sup>