

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
- 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 limitations

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

Anyone of all ages and physical fitness levels can participate!

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

Fun & Easy 6-Week Employee Walking Program Includes:

- Certified Walking Leader
- Walking Guidebook