



Walking can help you gain all the benefits of exercise, from weight loss to enhanced well-being. Register for the *Walk With Ease* Program this year – it's the first step toward a life filled with more energy and less pain...and preparation for joining the Spring 2020 *Miles for Wellness* Challenge!

If you would like to get active, *Walk With Ease* is a 6-week program designed to increase physical activity, build stamina and confidence, and reduce joint pain. You walk on your own with the support of a guidebook and weekly emails. Information includes:

- Stretching and strengthening exercises
- Tips for making physical activity part of your everyday routine
- Expert health advice from the Arthritis Foundation and the Osteoarthritis Action Alliance

Walk With Ease guidebooks are available at no cost for the first 300 registered participants. In addition, *Health and Wellness Resource Coaching* is provided to the first 50 interested *Walk With Ease* participants at no cost.

Health and Wellness Resource Coaching helps participants to:

- Explore benefits and motivators to being physically active
- Identify barriers and challenges to being physically active
- Apply strategies to maintain healthy actions, including the use of evidence-based programs

Interested in joining *Walk With Ease*? Register before Friday January 20, 2020 at: <https://oaactionalliance.typeform.com/to/E4R5Qu>

Walk With Ease kicks off on January 27 for six weeks, with plenty of time to be ready for the Miles for Wellness Challenge beginning on March 16, 2020.

Walk With Ease is being offered as a collaboration between:



For more information, visit: <http://healthyagingnc.com/walk-with-ease/>