



Due to the impact of COVID 19, more employees are working from home. If you are looking for a program to start physical activity in the home environment, we have re-opened our "*Walk With Ease*" *self-directed program* for the first 200 registrants.

This program encourages a walking plan that includes a warm-up, stretching, and a cool-down on a consistent basis. You could warm up and stretch in a room, then use the stairs for walking, walk around your house or apartment, or even walk in place.

Weekly emails will share tips and techniques, and a guidebook will share information and ideas. In addition, *Health and Wellness Resource Coaching* is provided to the first 50 interested *Walk With Ease* participants at no cost.

If this interests you, please register at: <https://oactionalliance.typeform.com/to/tutQXX>

*Please note:* The *Walk With Ease* guidebooks will be mailed to you as soon as possible, following COVID 19 restrictions. Please be patient with their arrival. Also, please share a mailing address where you can access the book (e.g., your home location) and an email address that you can access from home (for the weekly tips and techniques).

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### *Walk With Ease*

Although the *Walk With Ease* program was originally created for people with Arthritis and/or joint pain, we welcome your participation if this independent walking program would interest you. For more information, visit: <http://healthyagingnc.com/walk-with-ease/>. In addition, if you are already physically active, registration is still open for the Miles for Wellness Challenge through March 24.

### *Health and Wellness Resource Coaching*

Over the course of two telephonic appointments, this type of 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

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*Walk With Ease* is being offered as a collaboration between:



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