

Walk With Ease

A simple & free fitness program in Oregon



More information is online at walk.oregonstate.edu



Oregon State University
Extension Service

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Get involved with Walk With Ease!

Find an in-person or online class:

Walk With Ease classes are held across the state, both in-person and virtually. Visit walk.oregonstate.edu to find one close to you. Group classes offer access to a trained instructor, accountability, social connection, and a free Walk With Ease guidebook.

Join individually to go at your own pace:

If a class isn't available in your area or you'd prefer to participate individually, register online at:

www.startwalkwithease.org/Oregon

This program option is entirely online and self-paced. This program includes a free book (eBook or hard copy).

Become a Walk With Ease Leader:

Bring Walk With Ease to your organization and community by leading a class. Email us (walk@oregonstate.edu) or visit the "Group Leaders" tab at walk.oregonstate.edu to learn more!

What is Walk With Ease?

Walk With Ease is a simple fitness program available free to all Oregonians. The program is evidence-based to reduce pain and improve overall health through walking.

Classes help build your confidence to be physically active and groups provide social support. Walk weekly with a certified instructor or register to walk on your own and we'll send you a free guidebook.

[Materiales en español también](#)

Learn more & register at walk.oregonstate.edu

Contact Us

541-737-3173

walk@oregonstate.edu



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