

Get Fit. Get Healthy. Get Walking.

Walk With EaseSM

a program for better living[®]

Want to take control of your health?

Sign up for the employee *Walk With Ease* Program

If you have an interest in improving your overall health, this is the program for YOU!

The Program Offers:

- Stretching and strengthening exercises
- Tips for walking safely and comfortably
- Health education information
- Personalized walking routines

Proven to Help People:

- Build confidence to be physically active
- Improve flexibility, strength and stamina
- Reduce pain

Walking can help you gain all the benefits of exercise, from weight loss to stress control.

Best of all, it's FREE to participate!



Fun & Easy
6-Week Employee
Walking Program

Includes:

- Certified Walking Leader
- Free Walking Guidebook



Learn more about the *Walk With Ease* Program by visiting

walk.oregonstate.edu

