

# WALK WITH EASE

## What is Walk With Ease?

Walk With Ease is a six week evidence-based program that can reduce pain and improve overall health. You'll learn to walk safely & stick with it!

### Follow the Home Program!

You can do the activities and exercises on your own at home using the Walk With Ease guidebook and walking diary. Walk at your own pace three times a week for 6 weeks. Every week you will receive motivation and encouragement via postcard, phone call, or email.

**If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease! If you use a device like a cane or a walker to help you get around, you can still participate.**

### Walk with a Group!

Join us for a small socially-distanced walking group that meets three times per week with a trained leader. All sessions include a brief discussion, warm-up and cool-down exercises, and a 10–35 minute walk at your own pace. Water and light snack provided.

## SIGN UP TODAY!

We start September 14th!

651-808-1901

NESeniorsVolunteer@gmail.com

Visit us at

NESeniorsforBetterLiving.org

## Benefits to You

Research studies on Walk With Ease have found it to be safe and effective.

**It will help you:**

- \*Motivate yourself to get moving
- \*Walk safely and comfortably
- \*Improve flexibility, strength and stamina
- \*Reduce pain and feel great

**Registration is FREE.**

Donations are appreciated.

