



WALK AT YOUR OWN LEISURE

NO PRESCRIBED TIME OR PLACE

DECIDE WHEN, WHERE AND HOW
LONG YOUR WALKS ARE!

BENEFITS TO YOU:

Walk with Ease will help you

- Motivate yourself to get in shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

Walk With Ease is an
evidence-based program
developed by the
Arthritis Foundation.

For more information about
Walk With Ease
please call:
585-593-5223 ext 10



Ardent Solutions
Network for Community Health

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DO YOU SUFFER FROM
ARTHRITIS OR OTHER
CHRONIC CONDITIONS?

WALK
WITH EASE



Walk With Ease is proven to help
you increase physical activity,
reduce bodily pain and improve
your overall health!

52.5 million adults in the United States suffer from Arthritis!

WHAT IS WALK WITH EASE?

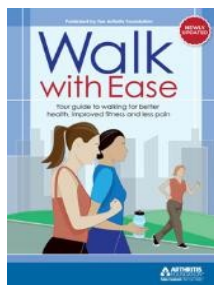
The Arthritis Foundation Walk With Ease Program is a FREE six-week exercise program that can reduce pain and improve overall health. Tools are built into the program to keep you motivated.



WHO CAN PARTICIPATE?

Anyone! Walk With Ease can be beneficial to all participants. Whether you are suffering from arthritis, a chronic condition, or just want to become more physically active, Walk With Ease is for you!

The only requirement is that you must be at least 18 years or older, and be able to stand on your feet for at least 10 minutes without increased pain.



BASIC KIT: FREE!

- Walk With Ease Guidebook
- Participant Manual



BONUS KIT: \$15 DONATION

- Walk With Ease Guidebook
- Participant Manual
- Walk With Ease Workbook
- Pedometer
- Reflective wrist band
- Shoe Wallet
- Pull string bag



WHAT ARE PARTICIPANTS ARE SAYING ABOUT WALK WITH EASE?

Hi, I'm Nancy! Last year, I noticed a lot of pain in my joints. My doctor recommended me to the Walk With Ease Program. What a difference it has made in my life and overall health! I started as a beginner; I never walked much. Now I walk almost every day. I get to choose when and where I walk as long as I walk at least 3 times a week for 30 minutes. The improvement in my health has been fantastic! I have more energy, less pain, and can now keep up with my grandchildren!

REDUCE YOUR RISK!

- CARDIOVASCULAR DISEASE
- HIGH BLOOD PRESSURE
- DIABETES
- OBESITY
- DEPRESSION



WHAT WILL YOU LEARN?

- Information on Arthritis
- Exercise basics
- How to successfully complete the program
- Developing a personalized walking plan
- Logging your achievements
- Overcoming barriers
- Ways to walk safely and comfortably