Scan TO SIGN UP!

Arthritis Foundation
Champion of Yes!

WALK WITH EASE

TAKE A STEP TO A HEALTHIER SUMMER!

Spring Into Summer

The statewide Spring into Summer initiative provides FREE access to the evidence-based Walk with Ease program. Customized online programming will help you build healthy habits for physical activity.

Sign up for the 6-week online program anytime between Jan 1 and March 1. Scan the QR code, click this link or go to this page to sign up: https://startwalkwithease.org/Welcome/iaworksite

MOVE YOUR WAY®
Healthy Iowans

KEY FEATURES:

- FREE Online Access to WWE
- 6 Week Self-Guided Program
- Video Training and Resources
- Build Healthy Habits
- Walk with your county group

The Spring into Summer initiative is part of the statewide Healthy Iowan's plan. Programming is guided by the Active Living workgroup with coordination provided through linked outreach programs at Iowa State University.

Healthy Iowans

Walk with Ease Iowa State University

CCPH
Community Connections for Public Health

Wellness Works

www.walkwitheaseISU.org
www.ccph.iastate.edu
www.wellnessworksISU.org