MOVE YOUR WAY®

Healthy Iowans

Spring into Summer

Healthy Iowa

The Spring into Summer initiative is designed to help advance Healthy Iowan's goals for physical activity in Iowa. Let's help Move Iowa!

The campaign uses 'Move Your Way' branding and provides FREE access to the evidence-based **Walk With Ease** program for worksites! This 6-week program helps employees build lasting walking habits that improve energy, focus, and overall health.

- Educational Materials
- Goal Setting /Self-Monitering Tools
- Training on Habit Formation
- Motivational Messages

Sign up here to receive resources and support to activate this program in your worksite

https://tinyurl.com/WWEW1

Interested in bringing Walk With Ease to your workplace?

Click HERE or scan the QR code to opt in and get started!

SCAN HERE

Our team will provide everything your company needs: program materials, support tools, and ongoing guidance to help your workplace succeed.

Walk With Ease | Arthritis Foundation®

Wellness Works

Website: wellnessworkisu.org

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