

Walk With Ease



The **Walk With Ease** self-directed program is a great exercise and education program that everyone can benefit from while being able to participate from anywhere!

- For individuals with pain conditions such as arthritis.
- For individuals working to prevent or manage chronic conditions such as prediabetes/diabetes, heart disease, and high blood pressure.
- For sedentary individuals or beginners to exercise.
- For individuals who are interested in weight management.

This Six-Week Program Includes:

- A guidebook to help you begin and progress your walking routine that includes strengthening and stretching exercises.
- Optional weekly support from trained health coaches by phone or online.
- A great program that you can do from anywhere!

Cost: \$5 + tax/shipping (less than \$10);

If you are 60+ years of age and live in Boone, Dallas, Jasper, Madison, Marion, Polk, Story, or Warren Counties, you can have your fee reimbursed when you complete the program. This is due to funding from the Aging Resources of Central Iowa.

Benefits of Walk With Ease

Decrease pain and stiffness

Increase walking pace

Improve balance

Increase strength

Call 515-635-1285

Fax referrals to 515-635-1286

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NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

