| Move More & Sit less | Add walking as part of your daily routine to obtain health benefits |
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| **Why Enroll in Walk with Ease?**  Walk With Ease is a CDC recommended walking program that includes a guidebook with health education information, stretching and strengthening exercises, and motivational tips and tools to help people increase balance, reduce pain, improve mental health, and increase flexibility and overall physical health.  **Applicable to Most Employees of [*insert company name*]**   * Employees who are inactive and interested in increasing physical activity levels * Adults with musculoskeletal conditions such as arthritis and back pain * Employees who work remotely or in an office * Employees who are interested in the flexibility of a self-directed program to walk at their own pace and speed * Employees who have been encouraged by their health care provider to safely increase their exercise as a way to manage specific health conditions such as diabetes and high blood pressure | **Sign up for Walk with Ease!** Take the first step towards reduced pain, improved balance and strength, increased physical activity, and improved confidence in one’s ability to manage musculoskeletal conditions.  Learn more by contacting [*insert contact name, contact email, and contact phone number]*  *OR say, “Learn more by visiting [link to register*]”  *Use this space to also add any information on incentives, or you can include incentive information with the registration link*  This project is supported by Cooperative Agreement No. 5NU58DP006261004-00, funded by the CDC |