

# WALK WITH EASE

a program for better living

## Walk with Ease is an evidence-based program designed to help older adults establish healthy patterns of physical activity

The Physical Activity and Health Promotion Lab at Iowa State University is seeking older adults to participate in a research evaluation of the self-directed Walk with Ease program and evaluate enhancements designed to promote long-term walking routines.

### Key Features

- *Learn Skills to Build Healthy Habits*
- *Virtual Sessions offer flexibility and convenience*
- *Free Guidebook and Virtual Resources*

IOWA STATE  
UNIVERSITY



EXERCISE  
is Medicine



**Enrollment is open now and free for a limited time.**

Visit our website to learn more or to enroll. Feel free to email us any questions.

[WalkWithEaseISU.org](http://WalkWithEaseISU.org)

[walkwithease@iastate.edu](mailto:walkwithease@iastate.edu)