

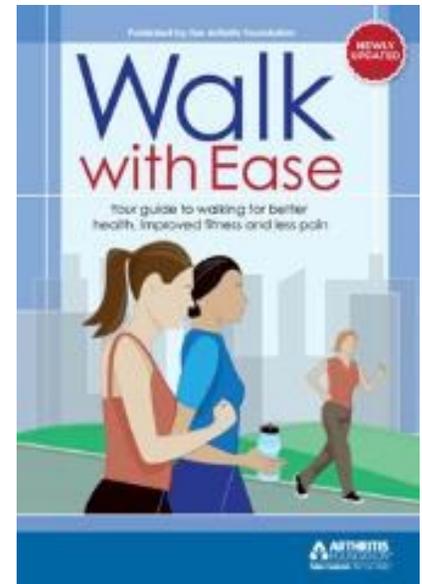
Walk With Ease is your guide to walking for better health, improved fitness, and less pain!

Walk With Ease is a workbook designed to help you manage your arthritis by developing a walking plan that fits your specific needs; however, you do not have to have arthritis to benefit from the program. It is beneficial for anyone who wants to make walking a daily habit, especially if you have diabetes, heart disease, or other ongoing health conditions. Research shows that walking is great for your joints and also helps improve the health of your heart, lungs, and bones.

Walk With Ease will help you:

- Walk safely and comfortably;
- Create a fitness program tailor-made for you;
- Improve your flexibility, strength, and stamina;
- Fight the I-don't-want-to-exercise blues;
- Follow simple warm-up and cool-down stretches;
- Keep track of your progress with a walking diary;
- Motivate yourself to finally get in great shape; and
- Reduce pain and feel great!

The Walk With Ease book is available to Kentucky residents for FREE. Go to www.chfs.ky.gov/wwe to request your book and improve your health today.



Consider the following resources:

- Contact your local Senior Citizens Center to inquire about Walk with Ease or other Arthritis Programs.
- Centers for Disease Control and Prevention—<http://www.cdc.gov/arthritis/>

**Kentucky Cabinet for Health and Family Services
Department for Aging and Independent Living**

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