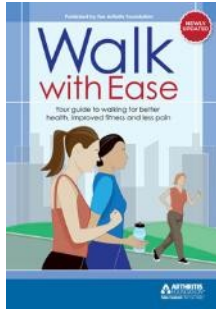


“Walk with Ease”

Get fit, have fun and prevent disease!



Join this free self-paced walking initiative

Three six-week sessions:

January 23rd - March 2nd—currently in process

March 5th - April 13th—registration begins February 13th

April 16th - May 25th—registration begins March 26th

Here's how it works:

1. Register here (www.surveymonkey.com/s/Walk_With_Ease)
2. After you register, you may participate in groups or individually—friends and other adult family members can join too and share your book!
3. Release form—sign and courier to Woodlake, Route D—disregard space for witness—this form will be used for aggregate data (general, not personal)
4. You will be loaned a 6 chapter manual—one chapter per week—**PLEASE do not write in the book and courier back to Woodlake, Route D during week six to be used for the next session**
5. Receive twelve in-service points—walk and courier a copy of your six-week diary, beginning and ending and ending self tests to Woodlake, Route D

- Chapter 1—Introduction: Starting Point Self-Test
- Chapter 2—Know the Basics: The program is geared for people of all levels!
- Chapter 3—Preparation: Personal Contract / Six-Week Walking Diary
- Chapter 4—Anticipating and Overcoming Barriers
- Chapter 5—Walking with Ease: Warm-Ups and Stretches
- Chapter 6—Maintenance Planning and Additional Resources: Ending Point Self-Test
- Visit www.letsmovetogether.org—Web-Based Movement Tracker—to log your steps!

Please go to www.polk-fl.net (keyword: Wellness) to access the hyperlinks for self-tests, personal contract, walking diary, warm-ups and stretches!

Research shows that the greatest gain in “health-related fitness” is attained during the first 30 minutes of activity, which can even be split into two or three sessions! On the other hand, inactivity, or a sedentary lifestyle has been tagged as a primary risk factor for heart disease, stroke, obesity, type 2 diabetes and some cancers! *Make daily activity your new, non-negotiable habit—one that will enhance your quality of life AND reduce your healthcare costs!* Please call 648-3057 if you have any questions.



Provided by the *PCSB Wellness Team*
in conjunction with the *Arthritis Foundation*
and the *Department of Health*



PCSB Wellness Program
863-648-3057
www.polk-fl.net (wellness)