



# WALK WITH EASE

a program for better living

Walk with Ease is a fitness program that can reduce pain and improve your overall health.

**If you can be on your feet for 10 minutes without increased pain you can have success with Walk with Ease.**

### **Did You or a Love One:**

- Serve your country
- Train hard
- Run long miles
- Jump out of trucks and planes

### **Do You or a Love One**

- Experience joint pain?
- Have cartilage damage?
- Disability from your military service?

### **Benefits to You:**

- Motivate yourself to get into shape
- Improve your flexibility and balance
- Reduce pain and discomfort
- Increase balance, strength and stamina
- Build your confidence to be physically active
- Improve overall health

### **Walk with Ease Can Help:**

- Health Educational Workbook
- On-line Tools
- Walking, Stretching and Strengthening Exercises

---

**Contact:** Randelle Arena,  
Therapeutic Recreation Services,  
Bay Pines VA Healthcare System  
**727.398.6661, X7759**, [randelle.arena@va.gov](mailto:randelle.arena@va.gov)



Walk With Ease is a program of the Arthritis Foundation  
**For more information call 800-850-9455**  
**or visit [www.arthritis.org](http://www.arthritis.org)**

