



# It's Time to Move Iowa!

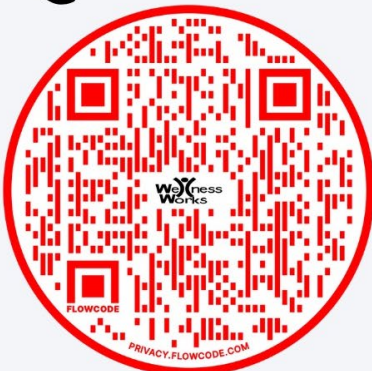
We invite you to join the statewide 'Spring into Summer' physical activity initiative. The program follows the evidence-based Walk with Ease (WWE) program, but it has been customized to help you adopt and sustain a regular habit of physical activity



The programming in Iowa is coordinated in collaboration with Healthy Iowans and other state partners. **The 6 week online program enrollment window is from March 7th to March 21st** and will get you ready for an active and healthy summer!



Scan Code to Sign Up!



## Key Features

- FREE Access to Online WWE Portal
- Self-Guided Programming
- Short Video-Based Lessons
- Self-Monitoring Tools
- Learn how to Build Healthy Habits

**Organizations can pick standard start dates in the 2 week window to facilitate group interactions**

For questions or interest in customized county or community versions, please contact [moveyourway@iastate.edu](mailto:moveyourway@iastate.edu)



[www.walkwitheaseISU.org](http://www.walkwitheaseISU.org)  
[www.wellnessworksISU.org](http://www.wellnessworksISU.org)