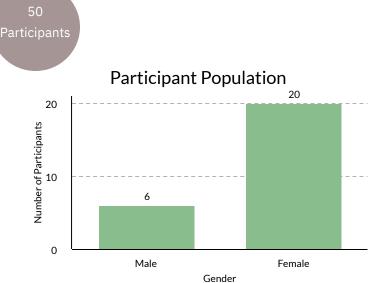
## WALK WITH EASE



## **Company** Final Report



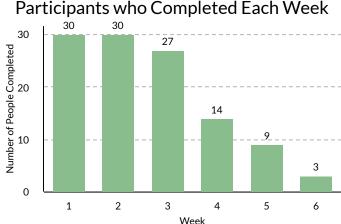
This report summarizes the outcomes of Walk with Ease implementation in your worksite. Implementing change in worksites requires continuous evaluation and refinement. We hope this report can help you and company evaluate and enhance wellness in your worksite.



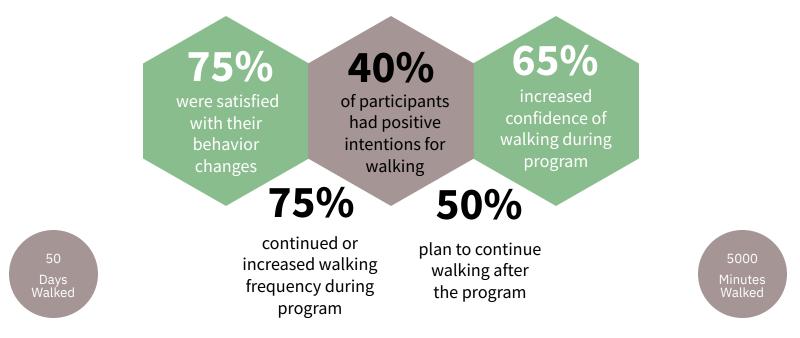


the program

Completed



**Figure 2. Number of Participants that Completed Each Week.** This chart shows the number of participants who logged their walking minutes within the portal system for each week.



This report is provided by the Iowa State University (ISU) Wellness Works Team. Contact us at <u>wellnessworks@iastate.edu</u> for information of visit our website at <u>wellnessworksisu.org</u> for other wellness information and opportunity.