



May 1st—May 31st

Raising Awareness

for

Ankylosing Spondylitis

Want to join the _____ team?

Here's how!

Sign up at: walkASone.org/signup/

You can join my team once you're registered.

From May 1—May 31, record your daily/weekly step counts to help us reach our goal!

For more information, visit walkyourASoff.com

walkASone.org

What is "Walk Your AS Off"?

The Walk Your AS Off Awareness Campaign attempts to raise the global community's knowledge and understanding of Ankylosing Spondylitis. This is a disease that affects so many people, yet so few know about.

What is Ankylosing Spondylitis (AS)?

AS is an autoimmune disease that most commonly attacks the spine, although many organs may be involved. AS strikes young people in the prime of their lives.

Ankylosing Spondylitis affects approximately 33 million people worldwide.

Should I walk?

Most people with Spondylitis benefit from regular exercise. "Walk Your AS Off!" is a virtual walk event to stay active keep our joints working as well as possible.

Any type of walking, running, swimming, or exercise can count! Check out WalkASOne.org for information on how to convert your workout into steps.

Track your step counts from May 1—May 31. Together, we are working to take enough steps to walk to Mars!



Walking is a fantastic form of low-impact exercise - so let's get moving!