

Walk With Ease



**Arthritis
Foundation®**

***Self-Directed Enhanced
for Trained Leaders***



Walk With Ease / COVID-19

- Most shelter-in-place mandates allow for people to go outside and engage in outdoor activity, including walking.
 - Follow the directions of your local health authority.
- Always practice physical distancing and wash your hands before you leave and as soon as you get home.
- Do not exercise if you have a fever, cough and difficulty breathing.

Program Goals

- Gain an understanding of the basics of arthritis, and the relationship between arthritis, exercise and pain
- Learn how to exercise safely and comfortably
- Use methods to make walking fun
- Develop and implement a doable, personal walking plan with realistic goals for improved fitness
- Gather tips, strategies and resources that will help participants maintain a long-term exercise routine
- Learn about other programs and resources that help participants keep up their walking



Essential Components

1. Health information
2. Walking
3. Exercises
4. Motivational strategies



Self- Directed Enhanced Program Structure

- Six-week program
- Participants walk at least three times per week
- As a leader you coordinate communication and optional group walks
 - You may share both the health lecturettes and stretching strengthening exercises


Walking in the Community

- Sidewalks
- Parks, trails and greenways
 - Ensure surface is appropriate for your fitness level
- Community schools with tracks
 - Refer to community dual use guidelines
- University / Corporate Campuses
 - Review rules for use
- Indoor shopping malls



Reminders



- Obtain permission from a sponsoring organization
 - Employer, place of worship, community organization
 - Determine any requirements for registration/waivers
- Fidelity: Do NOT add, change  or delete any parts of the program.
- Do NOT offer medical diagnosis or treatment. Refer all participants with medical questions to his/her health care provider.



Self-Directed Enhanced

PROGRAM IMPLEMENTATION

Task List

- Select dates
- Promote
- Register participants
- Distribute guidebooks
- Start the class
- Engage participants
- Celebrate & evaluate



Select Dates

Select a start and end date

Think ahead



- Weather
- Holidays
- School/work schedule

Promote

- Personal ask
- Email
- Social media posts
- Newsletters/Blogs
- Flyers
- Kick-off event!
- Optional: Incentives

WALK WITH EASE

a program for better living

Experience the Walk With Ease Program
Arthritis Foundation Certified.
Doctor Recommended.



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

— Walk With Ease participant

The Arthritis Foundation Walk With Ease Program is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- › Motivate yourself to get in great shape
- › Walk safely and comfortably
- › Improve your flexibility, strength and stamina
- › Reduce pain and feel great

Classes are one-hour each. Three times per week for six weeks.

Target Market

- Adults with arthritis
- Adults who don't have arthritis
- Range from beginners to the physically fit
- Able to be on their feet for 10 minutes without increased pain

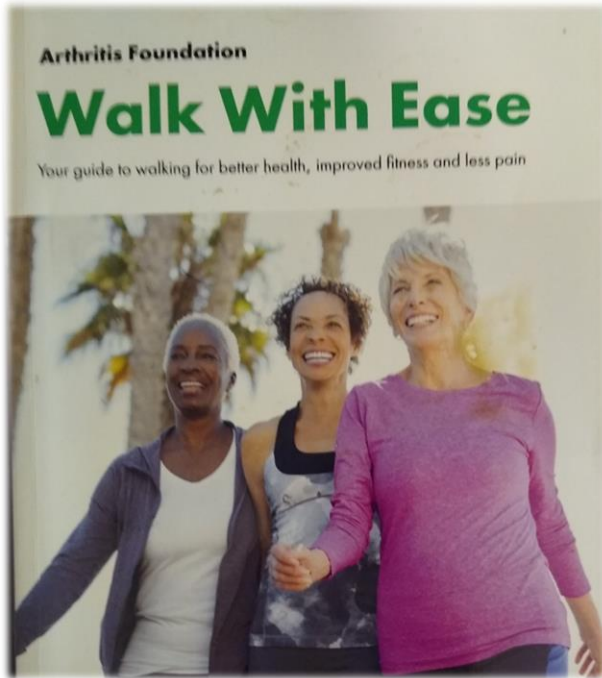


Register Participants



- Check with your sponsoring organization first
- Keep a list of everyone who has signed up
 - Spreadsheets, apps and webtools
- Respect any individual or organization privacy
 - Optional: collect program fees

Distribute Participant Guidebooks



Where to buy books

www.AFstore.org - \$11.95

(discounts available)

Amazon Kindle



Distribution Method

Individual purchase

Direct Delivery

Distribution Hub

E-delivery (Kindle version only)

Start Class





Keep participants engaged

- Weekly emails / posts
- Digital tools
- Share pictures
- Share victories





Celebrate!

Recognize all participants

Encourage participants to continue to use walking contract

Keep in touch!

Suggest distance theme/challenges and hold celebrations when the group achieves milestones

Introduce participants to other programs and resources that are designed for people with arthritis

- Final paperwork – surveys or other forms
- Volunteer opportunities to host a new session!



Additional Resources

- **Arthritis Foundation**
 - www.arthritis.org
- **CDC**
 - <https://www.cdc.gov/arthritis/>
- **National Association Chronic Disease Directors**
 - <https://www.chronicdisease.org/>
- **National Recreation and Parks Association**
 - <https://www.nrpa.org/our-work/partnerships/initiatives/healthy-aging-in-parks/evidence-based-interventions/>
- **OA Action Alliance**
 - <https://oaaction.unc.edu/resource-library/>