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 lecturetes 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
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

• OA Action Alliance
  – https://oaaction.unc.edu/resource-library/