

Walk with Ease

Walk with Ease was developed as a walking program to encourage people with and without arthritis to get started walking and stay motivated to keep active. It can be adapted to the needs and abilities of participants because of the freedom to make your own walking plan, tailor your exercises and walking times to your needs, and go at your own pace. The program is specifically designed to be done either on your own, or by participating with a group of walkers.

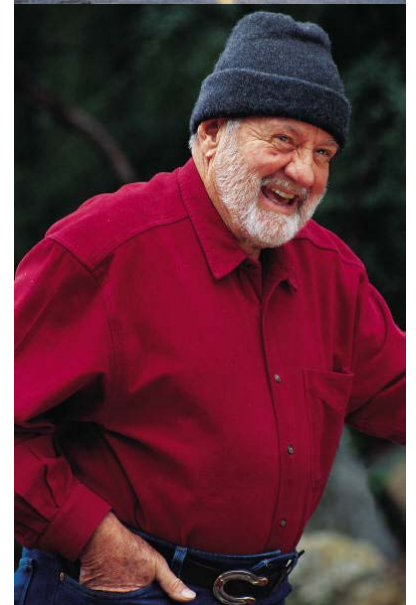
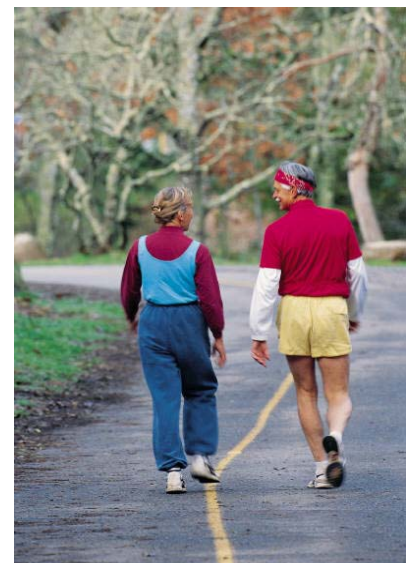
The recommended Walk with Ease model is set up as a six-week program. During that time, participants will work up to walking at least three times a week. The idea is to start at a reasonable amount of time and at a reasonable pace and build up to 30 minutes or more of walking each day you walk.

Walking is not the only part of the Walk with Ease program model. The program also includes three other very important components: health information, stretching and strengthening exercise, and motivational tips and tools. Online tools are available to support participants that include: a movement tracker, video instruction, a message board, and an automated e-mail service alerting participants when milestones are reached.

Formal group classes are also available. Group classes are organized in the same way as the individual program. Trained leaders organize 6-week programs where participants meet three times a week in groups of up to 15. They begin each class with a health education session on an arthritis- or exercise-related topic, followed by stretching activities and a 10–35 minute walk.

Components of Walk with Ease include:

- Manage arthritis pain and stiffness
- Stretching and strengthening activities to support the walking program
- Self-monitor for physical problems while walking
- Anticipate and overcoming barriers to being physically active
- Get and stay motivated to exercise
- Develop a walking plan that will meet your needs
- Learn how to exercise safely and comfortably



Participant benefits include:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Criteria for a Walk with Ease Group Class Leader

The Walk with Ease formal group sessions are lead by Arthritis Foundation certified trained leaders. Qualified instructors are also CPR certified. First aid certification is recommended.

Leader Training:

Walk with Ease leaders supervise every discussions and walking session. Leaders must complete a 3–4 hour online or in-person training workshop.

Leader Expectations:

- Organize walking schedule and location
- Help market and promote the program
- Lead at least two class series annually
- Lead classes in accordance with program guidelines
- Maintain attendance records, complete participation evaluation according to the program guidelines, and provide participant information to sponsoring agency

Program Sites:

Walk with Ease can be implemented any place people gather such as:

- Worksites
- Churches
- Senior Centers
- Hospitals
- Fitness Facilities

Rewards and Recognition

- Help others learn to take control of a chronic disease and improve their quality of life
- Provide a valuable and educational program in the community
- Form new and lasting relationships

For more information on Walk with Ease contact:

Arthritis Foundation Heartland Region Offices:

Wichita Office

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Wichita, KS 67203
316-263-0116
Or 1-800-362-1108

Kansas City

Johnson and Wyandotte Counties
1900 West 75th Street, Suite 200
Prairie Village, KS 66208
913-262-2233

Kansas Arthritis Program

1000 SW Jackson, Suite 230
Topeka, KS 66612
785-296-1917
www.kdheks.gov/arthritis

For more information or to register for the free self-directed program visit our website at: www.kdheks.gov/arthritis/wwe-overview.htm



Arthritis Foundation
Walk With Ease ProgramSM

