Experience Walk With Ease

Arthritis Foundation
The Arthritis Foundation’s program that is proven to reduce the pain of arthritis and improve your overall health

Experience Walk With Ease
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The Arthritis Foundation’s Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching, and motivational strategies.

What is the Walk With Ease Program?
Walk With Ease Program

• WWE also includes stretching and strengthening exercises along with motivational strategies to sustain program goals and achieve long-term behavior change.

• Easily be integrated into lifestyle change programs, such as the National DPP, to support program participants who need or are interested in a structured entry level physical activity program.
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.

Walk With Ease / COVID-19
Self-Directed Enhanced Program

• A group of individuals begin and end the six-week program at the same time. A designated leader coordinates communication to ensure participants are organized and motivated to complete the program.

• WME can assist you in providing participants with an action planning tool to develop and implement personal walking plans with realistic goals and tips.

• AV can increase participant confidence in their ability to be physically active and show them how to integrate physical activity into their everyday lives.

As a lifestyle Coach, you can increase participants' confidence in their ability to be physically active and show them how to integrate physical activity into their everyday lives.
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.

Learn how to exercise safely and comfortably.

Gather tips, strategies and resources that will help participants reach realistic goals for improved fitness.

Develop and implement a doable, personal walking plan with

Program Goals

keep up their walking.
• 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

Target Market
Essential Components

1. Health Information
2. Walking
3. Exercises
4. Motivational Strategies

Health Information
Walking
Exercises
Motivational Strategies
Walking in the Community
Tools in the Workbook and Online

- Get Baseline
- Set Goals
- Measure Progress
- Compare Results

Manage your progress...
Tools in the Workbook and Online
Volunteer opportunities to host a new session.

Final paperwork - surveys or other forms.

Recognize all participants.

Encourage participants to continue to use walking contract.

Keep in touch!

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

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

Celebrate!
What Participants are saying about Walk With Ease?

“Feeling better and building friendships are two of the main program incentives of Walk With Ease.”

“It gave me a lift for the day – not only physically, but in my mood, too.”

“I’m so glad I started walking. I find it to be good for everything. It lowers my blood pressure, my back is better and my glucose level is better. It simply improves everything.”
How can we assist you to implement the WWE in your community?

What are the barriers that is postponing you to start a workshop?

What resources do you need to host a WWE workshop safely?

When is the next WWE workshop you will be hosting?
Additional Resources/References

Virginia Department of Health (VDH)
https://www.vdh.virginia.gov/arthritis/

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-interventions/

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

National Recreation and Parks Association and OA Action Alliance
https://www.nrpa.org/our-work/partnerships/initiatives/healthy-aging-interventions/

Arthritis Foundation
https://www.arthritis.org

Virginia Department of Health (VDH)
https://www.vdh.virginia.gov/arthritis/
For more information on how to join or start a walking program!

Please contact:

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