

Experience Walk With Ease

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

Arthritis Foundation

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What is the Walk With Ease Program?

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 strengthening exercises, and motivational strategies.

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.

Self-Directed Enhanced Program

- Self-Directed Enhanced - 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 program.
- *As a Lifestyle Coach, you can increase participant's confidence in their ability to be physically active and show them how to integrate physical activity into their everyday lives.*
- *WVE can assist you in providing participants with an action planning tool to develop and implement personal walking plans with realistic goals and tips.*

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.

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



Essential Components

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



Walking in the Community

COVID-19: SOCIAL DISTANCING IN PUBLIC PARKS AND TRAILS

-  Do not use parks or trails if you are exhibiting symptoms.
-  Be prepared for limited access to public restrooms or water fountains.
-  Share the trail and warn other trail users of your presence and as you pass.
-  Observe CDC's minimum recommended social distancing of 6' from other persons at all times.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

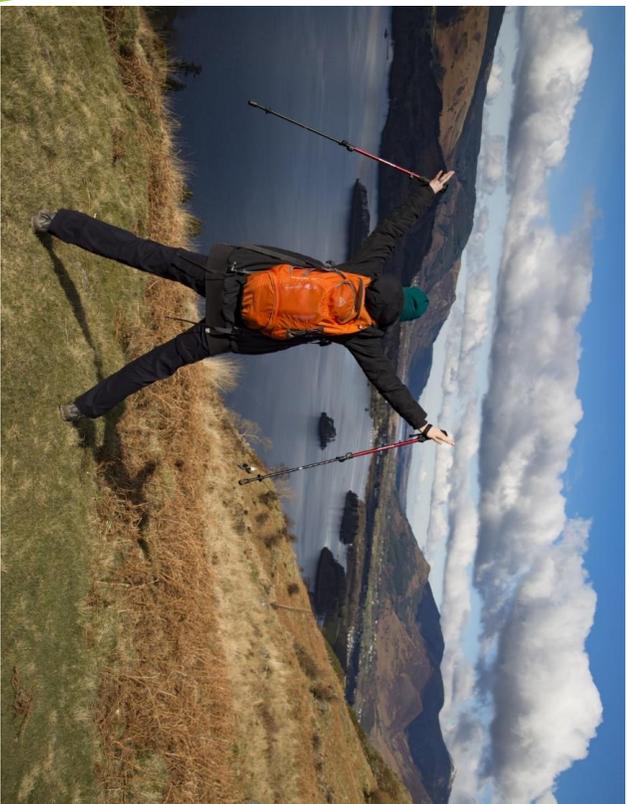
 AMRPA
American Mountain Recreation Planning Association



Tools in the Workbook and Online

The screenshot shows a web browser window with the URL www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/online-tool/. The page features a navigation menu on the left with the following items: Treatments, Health Care, Arthritis Diet, Exercise, Life Stages, Comorbidities, Pain Management, Tools Resources, Track and React, Ease of Use, Walk With Ease, About the Program Resources, Online Tool, and Weather. The 'Online Tool' item is highlighted in yellow. Below the menu is a promotional banner for the 'Experience Walk With Ease' program. The banner includes a photograph of three people smiling outdoors. The text on the banner reads: 'Experience Walk With Ease. Developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, the Walk With Ease program can be experienced on your own or with a group. The online tools you'll find here are resources that accompany the program and are not meant to be completed alone. To complete the program on your own, purchase the popular Walk With Ease guidebook or to participate in a group, locate a Walk With Ease program in your local community.' Below the text are three buttons: 'PEEK INSIDE', 'REGISTER', and 'LOGIN'.

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!

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-in-parks/evidence-based-interventions/>

OA Action Alliance

<https://oaaction.unc.edu/resource-library/>

**For more information on how to join or start
a walking program!**

Please contact:

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