

Get the proven benefits
of physical activity.

Walk With Ease was shown to:

- Reduce the pain and discomfort of arthritis.
- Increase balance, strength and walking pace.
- Build confidence in one's ability to become physically active.
- Improve overall health.

Research Shows Walking:

- Is good for your joints.
- Improves the health of your heart, lungs and bones.
- Helps manage your weight.
- Reduces your risk for arthritis, heart disease and diabetes.

*Walk Your Way
to Good Health!*

Learn more about
Walk With Ease



Sign Up Today.

For more information about
Walk With Ease in your area, contact:

S.C. DHEC Arthritis
Prevention and Control Program
www.scdhec.gov/arthritis

Arthritis Foundation
www.LetsMoveTogether.org

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Arthritis Foundation
Walk With Ease

Take Control,
One Step at a Time



Arthritis Foundation
Walk With Ease Program

Walk for pain relief. Walk for a healthy life.

Why Walk With Ease?

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation *Walk With Ease* program can help.

- Make a personal walking plan with realistic goals for improved fitness.
- Reduce arthritis pain and feel good.
- Gain support and tips to help you “stick with it,” even when you don’t feel like exercising or when things get in your way.
- Keep track of your progress with a walking diary.
- Make walking a part of your daily life.



“Walk With Ease was a great outlet for me. It gave me a lift for the day—not only physically, but in my mood too and after six weeks I have the energy to keep up with my husband and grandchildren!”

– *Walk With Ease participant*

Walk on your own or join a group!

Two ways to complete
Walk With Ease Workbook:

1. On your own
2. Part of a walking group led by a trained volunteer

Group Participation Includes:

- 18 sessions, 3 meetings per week for 6 weeks.
- Sessions that last about an hour.
- A brief discussion of a topic important to successful walking or arthritis management.
- Group walking time at your own pace.

Walking made easy. Walking made safe.

Walk With Ease can help you:

- Slowly build up to at least 30 minutes of walking.
- Warm-up and stretch before you walk.
- Cool-down and stretch again when you have finished walking.
- Learn how to safely pace yourself and to reach your goals.

Who can join?

The *Walk With Ease* program is designed for people with arthritis. It’s also great for people without arthritis who would like to begin a regular walking program. If you can be on your feet for 10 minutes without increased pain, you can probably have success with *Walk With Ease*. The program can be modified to meet your needs.

“When I started the program, I was afraid to walk very far because of my knee pain. Now I am confident in my ability to walk easily without making my arthritis worse.”

– *Walk With Ease participant*