

“It’s a well-planned program with detailed resources and Arthritis Foundation staff support. It’s an important program for companies looking to address arthritis and sedentary lifestyle among the population.”

– Partner Worksite

## Wellness Programs Work!

Studies from 56 worksites offering wellness programs of some type showed an average:

- 26% reduction in health care costs
- 27% reduction in sick leave absenteeism
- 32% reduction in workers’ compensation and disability management cost claims

(Chapman LS. Meta-Evaluation of Worksite Health Promotion Economic Return Studies: 2005 update. American Journal of Health Promotion. 2005; 19(6): 1-11.)

The Arthritis Foundation is focused on finding a cure and championing the fight against arthritis with life-changing information, advocacy, science and community.

Arthritis Foundation

# Walk With Ease

## Say Yes to a Healthier Workforce



## Help Employees Say Yes to Better Health

Say Yes to *Walk With Ease* – a six-week program proven to reduce the pain of arthritis, improve employees’ overall health and safely make walking a part of their everyday routine.

Our *Walk With Ease* in the Worksite program encourages happier, healthier employees who are less sedentary, more energetic and more fulfilled. This can:

- Reduce medical and health care costs
- Increase work attendance
- Boost employee morale
- Increase productivity
- Improve job satisfaction

The Arthritis Foundation *Walk With Ease* program is successful in the worksite because it is a program anyone can do, at any time, regardless of physical fitness level. *Walk With Ease* can be integrated into your current wellness program or offered independently.

“I spend long days sitting at my desk. *Walk With Ease* gets me moving and encourages me to get active.”

– Program Participant



arthritis.org



## Why Start Walk With Ease in Your Worksite?

Arthritis – America’s #1 cause of disability – is a serious and growing health crisis that affects more than 50 million people of all ages, races and ethnic groups. One-third of people with arthritis report work limitations due to arthritis. The two major types of arthritis alone (osteoarthritis and rheumatoid arthritis) cost the U.S. economy more than \$156 billion annually in lost wages and medical expenses.

Arthritis costs American businesses a fortune in missed workdays, lower productivity and health care costs, but the Arthritis Foundation can help. Start a *Walk With Ease* in the Worksite program and help employees take the first step toward a better life filled with more energy, less pain and more opportunities to say Yes to what they love in life.



## About the Program

The Arthritis Foundation *Walk With Ease* Program is an evidence-based program that has been proven to improve the quality of life of people with arthritis. It is the only walking program identified as arthritis-appropriate by the Centers for Disease Control and Prevention. The program can benefit people with or without arthritis who want to live a healthier lifestyle. It’s a fun, safe six-week program that employees can do as a group with a trained leader or individually using the *Walk With Ease* guidebook. While walking is the central activity, *Walk With Ease* is a multi-component program that includes health education, stretching exercises, and motivational strategies to stay physically active. Sessions can fit within an employees’ lunch break or before or after work. *Walk With Ease* is an easy to implement program using the resources and expert guidance from the Arthritis Foundation. The Arthritis Foundation provides step-by-step direction on how to launch each stage of the *Walk With Ease* in the Worksite program.

## Proven Results

*Walk With Ease* in the Worksite is proven to:

- Improve physical and mental health
- Teach proper stretching and pain management techniques
- Build stamina, strength, confidence and walking pace
- Improve workplace limitation

---

“I’m so glad that I started walking. I’ve been walking for a couple of years and I find it to be good for everything. It lowers my blood pressure, my back is better, my glucose level is better. It simply improves everything.”

- *Walk With Ease* participant

## A Joint Effort: Partner With the Arthritis Foundation

Let’s get your workforce moving toward better health! The Arthritis Foundation is committed to helping your employees live their lives to the fullest and provides the tools to launch a successful program in your workplace:

- Program leader training
- *Walk With Ease* guidebook full of information and tips to help your employees set and reach their health goals
- Marketing material to promote the program
- *Walk with Ease* online tools and app to track results

## Let’s Get Started

If you’re ready to say Yes to making healthy living a priority for your employees, contact your local Arthritis Foundation office for information about starting a *Walk With Ease* program at your workplace. Visit [www.arthritis.org](http://www.arthritis.org) or call 800-283-7800 for the nearest location. Join the *Walk With Ease* online community at [www.arthritis.org/wwe](http://www.arthritis.org/wwe).

## About the Arthritis Foundation

The Arthritis Foundation is the Champion of Yes. Leading the fight for the arthritis community, the Arthritis Foundation helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections. Our goal is to chart a winning course, guiding families in developing personalized plans for living a full life – and making each day another stride towards a cure.



This publication was supported by Cooperative Agreement Number DP003806 from the Centers for Disease Control and Prevention (CDC). The content is solely the responsibility of the authors and does not necessarily represent the official views of the CDC, the Department of Health and Human Services or the U.S. government.