## **WELCOME EMAIL:**

# Thanks for joining Walk With Ease! Walk With Ease (WWE) is a fitness program shown to reduce pain and improve your health. This evidence-based program, created by experts at the Arthritis Foundation, provides techniques to build and maintain a successful walking program.

As a registered participant we’ve sent you a **Walk With Ease workbook**, which allows you to complete the course on your own, as a **self-directed participant**. We will mail a book to the address provided in your registration.

There are also great online resources for you to access during your self-directed Walk With Ease program:

* [**The OSU Walk With Ease website**](http://walk.oregonstate.edu/) includes a FAQ section, a list of community classes, and a way to contact the Walk With Ease team
* [**The Arthritis Foundation website**](http://www.arthritis.org/living-with-arthritis/tools-resources/) contains a wealth of online tools and resources
* **Walk With Ease apps** are available for [iphones](https://itunes.apple.com/us/app/walk-with-ease/id944568599?mt=8) and [android](https://play.google.com/store/apps/details?id=org.arthritistoday.tool.walkwithease) devices.
* Bad hip? Arthritis in your knee? Check out [**Your Exercise Solution**](http://www.arthritis.org/living-with-arthritis/tools-resources/your-exercise-solution/) if you’ve got certain conditions or issues that hinder your ability to be active for solutions tailored to you.

**Are you interested in a virtual/online class?** We have a class starting MONTH / DAY and you’re welcome to join! [Register here](https://oregonstate.qualtrics.com/jfe/form/SV_a2V1wU52vd4YiIB). It’s a great way to connect with an instructor and work through the book.

If you have any questions, please contact us at [walk@oregonstate.edu](mailto:walk@oregonstate.edu).

Thank you for your participation – enjoy your Walk With Ease book and experience!

*In health,*

**The Walk With Ease Team**

## **WEEK ONE:** FOCUS ON WHY WALK WITH EASE/INTRODUCTION TO PROGRAM

*\*****Attachments:*** *Information about arthritis (posters)*

Your Walk With Ease self-directed program begins TODAY! Welcome! We’ll be in touch once a week to send you weekly updates, resources, information and “lecturettes.” These emails are designed to support your personal efforts and ensure you’re staying on-track both with the Walk With Ease guidebook and progressing in your knowledge and physical activity.

**WHY WALKING?**

* Walking is simple, inexpensive & safe for all ages and abilities
* Walk on your own, in a group, with a friend or a pet – it’s flexible
* It’s easy to track –
  + Every 10 minutes of continuous walking counts!
  + Guidelines encourage 150 minutes per week (start small and work up to this!)
* Many health benefits of walking

**DID YOU KNOW… PHYSICAL ACTIVITY IS THE NATURAL PAIN RELIEVER?**

* Walking is one of the **safest forms of physical activity** to assist in pain management for those who have arthritis and other chronic health conditions.
* Walking **reduces stiffness caused by many forms of arthritis** while having a relatively low impact on joints.
* This is an **evidenced-based program** supported by the Arthritis Foundation, Osteoarthritis Action Alliance, Centers for Disease Control, Oregon Health Authority and Oregon State University.

**HOMEWORK: GET READY TO GET MOVING!**

* I encourage you to watch this [“Class Zero” Video](https://www.youtube.com/watch?v=XYu7PFlZXYQ) – it’s a good introduction to the Walk With Ease program
* Read Chapter 1 if you’ve got your Walk With Ease guidebook.
* Learn more about [free resources from the OAAA](http://oaaction.unc.edu/resource-library/living-with-osteoarthritis/active-living/) (Osteoarthritis Action Alliance)
* Start thinking about where, when and with who you’ll be walking. Also, if you need any gear – start planning now.

*So glad you’ve joined this program!*

Let us know if you have any questions,

**The Walk With Ease Team**

## **WEEK TWO:** FOCUS ON 5-STEP WALKING PATTERN & BOOK

*\*****Be sure to include attachments****: 5 Step Walking Pattern; Shoes, Socks & Clothes checklist; and Pick the Right Surface poster.*

Hopefully you have your Walk With Ease guidebook in hand this week and have started reading. The book is an EXCELLENT resource designed specifically for individuals with arthritis or other pain conditions. (It’s also generally useful if you’re new to physical activity.)

**WHAT TO DO & READ THIS WEEK:**

* Take the **Starting Point Self-Test on pages 14-15**
* If you have arthritis, be sure to read **Chapter 2**. There is additional information from the [Arthritis Foundation on their website](http://www.arthritis.org/about-arthritis/), too.
* Take a look at **Chapter 3 and the attached resources** to further assist you!

**THE 5-STEP WALKING PATTERN:**

* Let’s skip ahead in your book to learn a key WWE strategy – the 5-Step Walking Pattern (pages 100-104). *This is fundamental to the WWE program.*

1. Warm-Up: Start your walks with a slower pace for 3-5 minutes to warm up.
2. Gentle Stretching: Take time to stretch (find instructions starting on page 150)
3. Walk: Set a target/goal for each walk (can be time-based or distance-based)
4. Cool-down: Once you’ve hit your target, slow your pace for 3-5 minutes to recover.
5. Stretch again: Take the time to do this! Repeat beginning stretches and hold longer (30-45 seconds)

Give it a try this week! Make the 5-step walking pattern a habit so that warm-ups, cool-downs and stretching don’t get lost. Taking the time to invest in your wellbeing through proper walking strategies will give you greater success with less pain.

*Grab your shoes and head out for a walk!*

**The Walk With Ease Team**

## **WEEK THREE:** PERSONAL CONTRACT & TRACKING

If you’ve been reading your book, you may be a step ahead on this week’s email topic… goal setting. I know, you want to delete this email right now because goal-setting isn’t always the most enjoyable task. But you’ve read this far, so why not continue and track your activity… afterall, if you don’t know where you’re headed, how will you know when you’ve arrived?

**CREATING A CONTRACT & TRACKING:**

* **Simple steps to create a contract/goal**… (pages 60+ provides a blank contract and diary pages)

1. Make a contract with yourself – write your goals down. Use the book’s fill-able contracts so you don’t have to think too hard. (page 60)
2. Keep Records. A calendar, a bedside notepad, a wearable activity tracking device (fitbit, etc.), mobile device, post-it notes… anything works if you’ll use it. (page 61)
3. Use self-measurement tools to check your progress. Track what you care most about… Steps? Minutes? Heart rate? Energy level? Exertion level? Breathing? It’s your choice.
4. Check your plan every week. Jot down a few notes at the end of each week… rate how you’re feeling; your walking progression; revised goals or plans; fitness test results.
5. Decide how to reward yourself for sticking to it. Think simple, fun, meaningful – NOT junk food and expensive. Bonus points for something that furthers your fitness goals (backpack, water bottle, new walking shoes, exercise dvd, etc.)

* Sample contract & tracking/diary worksheet are on pages 58 & 59.
* **Think SMART goals** (Specific, Measurable, Attainable, Relevant, Time-based)
* **Apply the FITT pricinple to keep your goal specific:**
  + Frequency; Intensity; Time; Type (see pages 44-47)

**MIDPOINT FITNESS TEST:**

This week marks the halfway point in your WWE program. Try measuring your fitness level with the options on pages 115-118:

1. Measuring **how far you can walk** during a set period of time
2. Walk a **specific distance** and see how long it takes
3. Measure your **heart rate** after you’ve been walking for a certain amount of time.

You can perform the same measurement at the end of six weeks and see how you have improved!

This is *your* program. Customize it to meet *your* needs! Reach out if you have questions or concerns. And be sure to check out the many resources on [**www.arthritis.org**](http://www.arthritis.org).

*In health,*

**The Walk With Ease Team**

## **WEEK FOUR:** STRETCHING & STRENGTHENING EXERCISES

*\*Be sure to attach the stretching guide and strengthening guides and worksheets to this email.*

You are over half-way through this self-directed program! Congratulations! You’ve likely been doing stretches with each of your walks, however, this week we’re providing a few more resources to make sure you’re stretching properly. In addition, it’s time to start strengthening exercises if you haven’t already. Read on and read the attachments to learn more…

**STRETCHING:**

The attached guide and Appendix B in your book will provide graphics and instructions. Below are links to watch videos of the stretches. Practice along while you watch!

* [Straight leg calf stretch](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/calf-stretches.php)
* [Hamstring stretch](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/standing-hamstring-stretch.php) ([seated version](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/hamstring-stretches-seated.php))
* [Hip flexor/ Quadriceps stretch](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/hip-flexor-and-quad-stretch.php) ([seated version](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/hip-flexors-and-quadriceps-seated.php))
* [Iliotibial Band stretch](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/itbs-stretch.php)
* [Bent leg calf stretch](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/bent-leg-calf-stretch.php)
* [Front of calf/toe stretch](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/front-calf-and-toe-stretch.php)

**STRENGTHENING:**

The attached guide and Appendix B in your book will provide graphics and instructions. Below are links to watch videos of each exercise. Don’t just watch – try it out!

* [Back leg lift](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/standing-back-leg-lift.php)
* [Heel & Toe Raises](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/standing-heel-and-toe-raises.php) ([seated version](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/seated-heel-and-toe-raises.php))
* [Mini-Squats](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/standing-mini-squats.php)
* [Quadriceps](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/quadriceps-strengthening-standing.php) ([seated version](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/quadriceps-strengthening.php)) ([laying on your back version](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/quadriceps-strengthening-on-back.php))

**GENERAL TIPS:**

* If you have trouble with balance, do the seated versions of the exercises instead of standing
* Stretch gently/smoothly until they feel tension; then hold that position for 30 seconds on each side (no bouncing)
* Do not to hold your breath
* Always practice good body mechanics for walking & exercising:
  + **Keep your Head up.**
  + **Shoulders** relaxed but not hunched.
  + **Lungs.** Breathe deeply from your diaphragm.
  + **Stomach.** Tighten your muscles a little.
  + **Arms.** Swing naturally and easily, opposite to your legs.
  + **Hands.** Don’t clench; relax them.
  + **Legs.** Take regular, natural steps (not too long).

You’ve got this! Go for it this week and try improving your stretching time and adding strengthening exercises.

*In health,*

**The Walk With Ease Team**

## **WEEK FIVE:** OVERCOMING & ANTICPATING BARRIERS

*\*****Attachments:*** *Coping with pain poster*

Welcome to Week 5!

This week our focus is on the information and resources in Chapter 4 “Anticipating & Overcoming Barriers.” Let’s dive into the basics first…

**TECHNIQUE FOR COPING WITH PAIN & DISCOMFORT**

WWE promotes a 3-step Problem Solving Strategy:

1. Focus on the problem that is most on your mind.
2. Ask yourself, “What might be causing this problem?”
3. Try out different solutions.

Nothing fancy here… but you do need to focus on only ONE problem at a time. Then, use your book as a resource for finding and trying out various solutions.

**RESOURCES IN YOUR BOOK**

Page 34: Review the **Exercise Do’s and Don’ts** from Chapter 2

Pages 71-78: You’ll find **specific strategies** such as using heat/cold, self-massage, changing self-talk, using a walking stick, etc.

Page 74: Use the **2-Hour pain rule** as a guide

Pages 78-95: You’ll find **common difficulties** that set you back from accomplishing your goals and new ways to think about overcoming those difficulties.

Page 124: Common problems and what to do (calf cramp, sore shins/knees, etc.)

Problems will occur. You will have obstacles along your journey. Use these guides and resources to help you find solutions rather than give up. Always consult with your health care team to ensure a strategy is appropriate for you.

*Keep moving!*

**The Walk With Ease Team**

## **WEEK SIX:** TOOLS & RESOURCES

It’s our final week of the Walk With Ease 6-week self-directed program. Thanks for hanging in there!

We want to be sure you all have access to some incredible tools and resources. To facilitate this, we’ve created a video to walk you through the Arthritis Foundation website. [WATCH THE VIDEO](https://media.oregonstate.edu/media/t/0_rudd7g77)

**WHAT YOU’LL FIND AT ARTHRITIS.ORG**

1. Go to <http://www.arthritis.org/living-with-arthritis/tools-resources/>
2. Under “**Person to Person Support**” – Check out the [Helpline](http://blog.arthritis.org/news/arthritis-foundation-phone-helpline/?_ga=2.213679188.1112117494.1497470892-874967302.1497039281) for individualized support including financial assistance, mental health support and help with access to care.
3. Under “**Exercise & Fitness Tools**” – Click on [Your Exercise Solution](http://www.arthritis.org/living-with-arthritis/tools-resources/your-exercise-solution/) for tailored exercise modifications based specifically on YOUR arthritis and YOUR exercise preference. This tool has over 4,000 variations created by medical professionals including physical therapists.
4. In the same section you’ll find the [online Walk With Ease](http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/) tools! The [online tool](http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/online-tool/) allows you to keep digital walking diaries and goals.
5. In the Walk With Ease section – [**check out the stretching and strengthening exercise videos!**](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/)
6. In the “**Toolkits to Understand & Manage Your Disease**” section look for the [Better Living Toolkit](http://www.arthritis.org/toolkits/better-living/) – Wow! This resource is complete with disease information, tracking worksheets, goal setting worksheets and tools to communicate with your doctor.

There are too many other resources to list them here – check out the site and click around to see what can help you!

Next week, we’ll email you a link to our evaluation and some resources to help you keep going after WWE.

*In health,*

**The Walk With Ease Team**

## **POST PROGRAM:** EVALUATION & WAYS TO KEEP GOING

Thank you for joining this program. We hope it has encouraged and supported you in your efforts to become more physically active with less pain.

**PROGRAM EVALUATION:**

We cannot offer these programs without collecting evaluation data. It is critical to our continuation of programming. Please consider taking a few minutes to complete the class evaluation at XXXXQUALTRICS SURVEYXXXX

**WHAT’S NEXT?**

You’ve got options to continue physical activity programming. Here are a few to research:

National Programs…

* [Centers for Disease Control (CDC) List of Resources](https://www.cdc.gov/arthritis/interventions/self_manage.htm)
* [Arthritis Foundation](http://www.arthritisfoundation.org)
* [Stanford Arthritis Self-Management program](http://patienteducation.stanford.edu/programs/asmp.html)
* Walk With Ease guidebook – Review Appendix C

In Oregon…

* [Check out our upcoming virtual WWE classes](http://walk.oregonstate.edu)
* [Oregon contacts for Arthritis Self-Management programs](http://www.oregon.gov/oha/PH/DISEASESCONDITIONS/CHRONICDISEASE/LIVINGWELL/Documents/Programs/countynmbrs.pdf)
* [Search the Oregon database (called COMPASS) for classes in your area](https://compass.qtacny.org/find-a-workshop?rname=Oregon%20Health%20Authority&rurl=/)
* [OSU’s Better Bones & Balance community program](http://bbb.oregonstate.edu)

Other ideas…

* Local recreation center
* Local senior center
* Local community center
* Local wellness center
* Local health care organizations, hospitals
* Local parks & recreation departments
* Local community college

Find a program you’ll stick with long-term. Keep your WWE guidebook handy as a useful reference. Thanks again for joining us on this journey!

*In health,*

**The Walk With Ease Team**

## **2-WEEKS POST PROGRAM:** EVALUATION REMINDER

This is a friendly reminder that your evaluation of the Walk With Ease Self-Directed program is critical to our continuation. If you’ve already completed it, THANK YOU!

If you haven’t had a chance yet, please consider taking this short survey now. (add qualtrics link)

*Thank you!* **The Walk With Ease Team**