

# Walk in Faith & Walk With Ease

Whether a person with osteoarthritis needs relief from joint pain or stiffness, or just wants to be more active, the Arthritis Foundation's *Walk With Ease* (WWE) program can help.

WWE helps people with osteoarthritis, and other forms of arthritis, learn how to add low-impact physical activity into their everyday lives, in a safe way. Studies show that WWE:

- Reduces the pain and discomfort of arthritis
- Increases balance, strength and walking pace
- Builds peoples' confidence to be physically active
- Improves overall health

*Camine Con Gusto* is the Hispanic version of *Walk with Ease*.

## The Program

The Arthritis Foundation's *Walk With Ease* is low-cost and can easily fit into an existing wellness program, or can provide an excellent foundation for a new wellness program.

The program is designed to be delivered in one of two formats over a six-week period: instructor-led group OR individual self-directed where individuals do the program on their own. Both formats focus on a step-by-step workbook that includes:

- motivational tools
- strategies to set and monitor realistic goals for improving fitness
- tips for arthritis symptom management
- appropriate stretching and strengthening exercises to protect joints and minimize pain.

*Camine Con Gusto* is offered only in the self-directed format, using the Workbook with the same name.

## Walk With Ease in Action

To learn more about the *Walk With Ease* program, you can view short orientation videos that cover the following:

1. The program goals and benefits
2. What the *WWE* Workbook contains
3. The *WWE* recommended schedule
4. The 5-step Walking Pattern and exercises
5. The importance of using the motivational tools

A video describing **both formats** of *Walk With Ease* is available at:

<https://www.youtube.com/watch?v=XYu7PFIZXYQ>

A video that focuses specifically on the **self-directed format** is available at:

[https://www.youtube.com/watch?v=rW8\\_OGb0Uao](https://www.youtube.com/watch?v=rW8_OGb0Uao)

WALK WITH EASE  
a program for better living



## WWE testimonies from faith-based community walkers

"I was able to increase my endurance, and distance over the 6-week walking period."

"I'm pleased with the progress I've made and especially that walking did ease the pain I experienced when I was more sporadic, not systematic in my exercise routine."

"... this program has given me an opportunity to test and prove that exercise does help - not hinder - pain from arthritis."

"This program made a difference in my life (health-wise)"

"I found that I slept better when I walked regularly."

"I enjoyed the program very much and it has encouraged me to continue walking."

"It was a fun time of exercise and interaction (when walking with others)"

### What does a faith-based community need to do to offer the instructor-led class format?

In order to offer the instructor-led format for your faith-based community, a *Walk With Ease* Program Leader needs to be trained and CPR certified. The training to become a Leader costs \$89 and is available online at: <http://www.afa.com/courses/arthritis-foundation-walk-with-ease>. The Leader must also have CPR certification. Classes meet for one hour, three times a week for six weeks. Recommended class size is 12-15 participants who must be able to be on their feet for at least 10 minutes. Sites offering group classes should also provide: 1) an accessible site for the program for people with disabilities; 2) a safe and accessible place to walk either inside (e.g. indoor track, gymnasium, mall, etc.) or outside (e.g., neighborhood, walking trail, etc.); and 3) have professional liability insurance.

The *WWE* group format classes are currently being taught in cities all over the country. To find out if there are already classes in your area and instructors who might come to your site, [contact your local Arthritis Foundation office \(http://www.arthritis.org/local-offices/\)](#), or call 800-283-7800. You can also check the online Arthritis Foundation Resource Finder, <http://resourcefinder.arthritis.org/>.

### What does a faith-based community need to do to offer the Self-Directed Format?

Should you choose to offer this format, you can purchase, or have your members purchase, the Workbook in the Arthritis Foundation Online Store (<http://www.afstore.org/site/index-afstore.html>). Use the discount code WWECBO at checkout to receive books for \$5 each.

### Or offer Self-Directed with a Group Walk

In this "enhanced self-directed" format, participants read the Workbook on their own and walk some of the time on their own. Then, a group leader who can lead a group walk 1-3 times a week.

### Here's what program organizers recommend for faith-based communities:

- Ask for a member of your faith-based community to organize *Walk With Ease* to be sure the program is run smoothly and consistently. Ask someone who is already in good health and committed to leading the program.
- Consider having members sign up at an in-person event, in front of a group. They can help support and motivate participants to complete the program.
- To help keep people motivated, post pictures on Facebook or other social media. If doing the "enhanced self-directed format," try walking together 1-3 times per week.
- If you walk as a group, have the leader ask questions like: How are you feeling, are you feeling different? It's wonderful when people can tell a difference.
- Each week, use "coaching emails" to help participants stay committed to the program. Those emails are available at: <https://oaction.unc.edu/resource-library/for-community-partners/>