

Walk With Ease

Enhanced Self-Directed Session Guidance

Week	Book Chapters	Posters & Content to Discuss
<p>Week One (Sessions 1, 2, 3)</p>	<p>Chapters 1 & 2</p>	<p>Introduction to Walk With Ease Health Concerns Checklist Exercise DO's and DON'Ts 2-Hour Pain Rule FIIT Principle Developing a Walking Plan Distribute pre-assessment surveys (as appropriate)</p>
<p>Week Two (Sessions 4, 5, 6)</p>	<p>Chapters 3 & 4 Conduct 10-minute Fitness Assessment (<i>page 72 in leaders manual, page 115 in participant book</i>)</p>	<p>Techniques for Managing Pain Finding the right Walking Surface Walking Progression Chart Tips for Walking Safely Good Body Mechanics 5-Step Basic Walking Pattern</p>
<p>Week Three (Sessions 7, 8, 9)</p>	<p>Chapters 5 & 6</p>	<p>Key Points about Osteoarthritis Key Points about Rheumatoid Arthritis Key Points about Fibromyalgia</p>
<p>Week Four (Sessions 10, 11, 12)</p>	<p>Conduct Midcourse 10-minute Fitness Assessment Encourage review of Walking Contract and Diary</p>	<p>Strengthening Exercises Additional Stretches to Try at Home Walking After Program Ends (discuss)</p>
<p>Week Five (Sessions 13, 14, 15)</p>		<p>Review 5-Step Walking Pattern Discuss Problem Solving Strategies for Barriers Other Physical Activity Programs (discuss)</p>
<p>Week Six (Sessions 16, 17, 18)</p>	<p>Conduct final 10-minute Fitness Assessment</p>	<p>Making a Plan for the Future Ending Point Self-Test Walk With Ease Program Goals Congratulate Participants Distribute post-assessment surveys (as appropriate)</p>
<p>All Sessions:</p>	<p>Encourage group sharing among participants, progressively add minutes of walking time and encourage walking outside of scheduled sessions (aiming for 3x/week or more)</p>	