

The Arthritis Foundation's Walk With Ease (WWE) program offers practical advice on how to walk safely and comfortably. During the COVID-19 Pandemic, your walking routine might have been interrupted.

**The following tips are pulled from the WWE guidebook to help you keep on track without having to leave your home!**

### A QUICK REMINDER



For people with arthritis, WWE recommends getting 30 minutes of moderate activity on 5 days of the week.

These 30 minutes can be done all at once or broken up into three 10-minute sessions over the course of the day.

## JUST STAY ACTIVE







- Limit the time you are inactive.
- Stay active with household chores or dancing to your favorite music.
- Set a timer to remind yourself to get up and move every 15 minutes (do a chore, take a lap around the house, or do a stretching/strengthening exercise).

## CONSIDER OTHER ACTIVITIES



-  Focus on your flexibility and strengthening exercises.  
[bit.ly/wweexercises](https://bit.ly/wweexercises)
-  Flexibility exercises can be done daily and strengthening exercises should be done 3 times a week.
-  Tai chi and yoga are low-impact activities and incorporate important strengthening and stretching elements.  
Try tai chi → [bit.ly/wwetaichi](https://bit.ly/wwetaichi)  
Try yoga → [bit.ly/wweyoga](https://bit.ly/wweyoga)

## YOU CAN WALK AT HOME



-  Pace around your home while talking on the phone.
-  See how far you can walk in 10 minutes. (How many laps can you take around your living room?)
-  March in place while holding on to a chair or railing. If you are used to measuring your walks in distance, try thinking about steps instead.
-  1 mile = about 2,000 steps
-  See how many steps you can take during each commercial break of your favorite tv show.
-  Use a pedometer to record how many steps you get each day and try to increase your steps a little every week.



-  Watch for cords, rugs, and other tripping hazards arounds the house.
-  Hold onto the railing when going up and down stairs.