### WALK WITH EASE

## A GUIDE FOR EXERCISING DURING COVID-19

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.



OSTEOARTHRITIS ACTION ALLIANCE

### WALK WITH EASE

## A GUIDE FOR EXERCISING DURING COVID-19

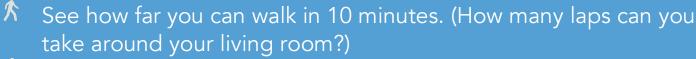
# CONSIDER OTHER ACTIVITIES

- Focus on your flexibility and strengthening exercises. 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
Try yoga bit.ly/wweyoga

#### YOU CAN WALK AT HOME





- 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.
- $^{\bigstar}$  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.



OSTEOARTHRITIS