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.)
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**

- 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.

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