



## FAQs re Walk With Ease (WWE)

Walk With Ease is a six-week evidence-based program designed to increase physical activity and reduce joint pain and stiffness. This Arthritis Foundation program was developed with a research team at the Osteoarthritis Action Alliance and designed for people with arthritis and those who have not been physically active. The program provides tools and techniques to manage symptoms and to build and maintain a safe and successful walking program. You can do the program on your own or in an instructor-led group format. Both formats are guided by the Walk With Ease Guidebook.

There are great online resources to learn more about Walk With Ease:

- [The Healthy Aging NC website](#) includes information about Walk With Ease and ways to register for the program.
  - <http://healthyagingnc.com/walk-with-ease/>
- [The Arthritis Foundation website](#) contains a wealth of online tools and resources for everyone
  - <https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>
- [The Osteoarthritis Action Alliance](#) has resources for agencies and organizations.
  - <https://oaaction.unc.edu/about-the-guide/>

### *For potential leaders:*

Walk With Ease is a walking program designed to increase physical activity and reduce arthritis pain in participants as well as encourage participants to set goals and create safe walking routines outside of the program. The program is six weeks long and meets three times a week for approximately one hour. Each session is comprised of a short educational component, a warm-up, stretching, walking, a cool-down, and stretching.

Leader training for Walk With Ease requires completion of an online training program which includes watching videos, reviewing the Leader Guidebook, and taking a brief exam that covers material from the training videos and leader training guidebook.

CPR certification is also required for all leaders.

### *For potential participants:*

The Walk With Ease program has been proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in participants' ability to be physically active, and improve overall health. The group-led program meets three times a week for six weeks for approximately one hour, and focuses on healthy and safe walking habits and

goals. The self-directed program encourages walking on one's own and/or once or twice weekly walking sessions, with support through on-line and email resources.

*For potential sponsoring agencies:*

The "Group" version of Walk With Ease meets 3 times per week for 6 weeks, each session is about an hour. The sessions are led by 1-2 trained facilitators and is for a group of 12-15 participants. The sessions consist of a "lecturette topic" lasting about 5-10 minutes, warm up, stretching, walking, cool down, and stretching. A meeting space is required for the participants to meet and stretch, and a safe, accessible waking area is needed. A "completer" would be a participant that completes at least 12 of the 18 sessions.

The "Self-directed" version of Walk With Ease encourages participants to walk on their own, with support through on-line and email resources. Leaders are encouraged to meet with participants at least once a week to review information and lead the stretching exercises.

Each Walk with Ease participant fills out pre- and post-paperwork and receives a Walk with Ease book. Access to the required paperwork for Walk With Ease can be found at:  
<https://healthyagingnc.com/program-forms/>.