



# Take Charge of Your Health!



## Learn About: Walk With Ease Group and Self-Directed

Ongoing health problems can be frustrating. Symptoms like pain or fatigue can get in the way of your everyday activities.

Don't let your health stop you from doing what you enjoy! Take charge by signing up for a physical activity program in your community. Learn ways to reduce pain and fatigue, move more easily, and do more of the things that are important to you—even after you leave the therapist's clinic. Talk to your therapist about how to get started!

### What Is It?

Walk With Ease is a program for people with arthritis and other ongoing health problems. You'll learn how to start walking safely and stick with it.

- ✓ Walk With Ease can be done as a **group program**. A group of up to 15 people meets 3 times a week for 6 weeks. Sessions include a brief education discussion, warm-up and cool-down exercises, and a 10–35 minute walk at your own pace.
- ✓ Walk With Ease can also be done as a **self-directed program**. You do the activities and exercises on your own using the Walk With Ease guidebook and walking diary. Walk three times a week, working up to at least 30 minutes per session for 6 weeks.
- ✓ If you use a device like a cane or a walker to help you get around, you can still participate in the program.

### How Can It Help Me?

- ✓ Research studies on Walk With Ease have found it to be safe and effective. It can help you:
  - Reduce arthritis pain and stiffness
  - Feel less tired
  - Increase your stamina, strength, and balance
  - Be more active and independent
  - Feel more confident that you can control your arthritis

### Where Can I Sign Up?

Ask your therapist how to sign up or order materials, or visit [www.moveforwardpt.com/ArthritisPrograms](http://www.moveforwardpt.com/ArthritisPrograms).

### Learn More

#### Arthritis Foundation

[www.arthritis.org/we-can-help/community-programs/walk-with-ease](http://www.arthritis.org/we-can-help/community-programs/walk-with-ease)

#### Centers for Disease Control and Prevention

[www.cdc.gov/arthritis/interventions](http://www.cdc.gov/arthritis/interventions)

