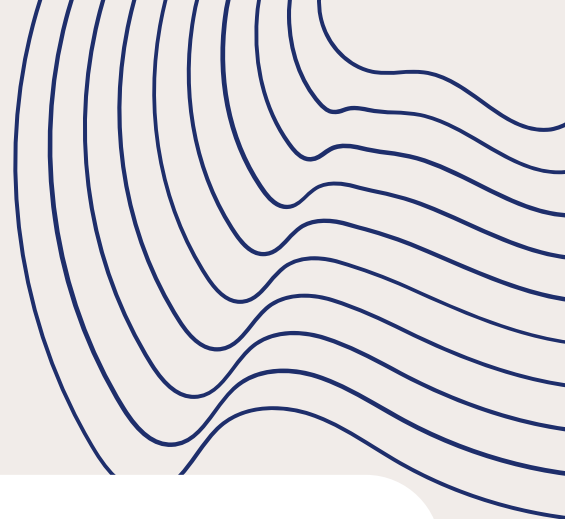


Walk with Ease

Frequently Asked Questions



What is Walk with Ease?

The Arthritis Foundation's Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Who should participate in the program?

Walk With Ease is for adults with arthritis who want to be more physically active. The program is also for adults without arthritis, particularly those with diabetes, heart disease or other chronic conditions who wish to be more physically active. The only requirement is the ability to stand for at least 10 minutes without increased pain.

What are the benefits of taking the class?

Walk With Ease is proven to:

- Improve physical and mental health
- Teach proper stretching and pain management techniques
- Build stamina, strength, confidence and walking pace
- Improve workplace limitation

Are there any WellStep points offered?

Yes! If you attend at least 16 out of the 18 classes during the program length, you can achieve 100 points AND a 60 day Parks and Recreation Pass.

QUESTIONS?

CONTACT US!
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