

Walk with Ease FAQs

1. **What is the Walk With Ease Program?**

The Arthritis Foundation Walk With Ease Program is a community-based physical activity and self-management education program. It is set up as a structured six-week program, with classes 3x/week. While walking is the central activity, Walk With Ease also includes health education discussions, stretching and strengthening exercises, and motivational strategies.

2. **What are the program goals and objectives?**

- To promote education about successful physical activity for people with arthritis
- To promote education about arthritis self-management and walking safely and comfortably
- To encourage participants to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for people with arthritis.

3. **What is the target population?**

While specifically developed for adults with arthritis who want to be more physically active, the program is also appropriate for people without arthritis, particularly those with diabetes, heart disease and other chronic conditions, who want to get more active. The only pre-requisite is the ability to be on your feet for at least 10 minutes without increased pain (assisting devices are allowed).

4. **What is the recommended class size?**

The recommended class size is 12-15 participants per leader. Groups may have more than one leader.

7. **What evaluation data is available?**

Walk With Ease was evaluated by the Thurston Arthritis Research Center and Institute on Aging at the University of North Carolina. A rigorous scientific trial with 462 individuals from 31 rural and urban communities found that the class was safe and effective. Program participants experienced decreased disability; improvements in levels of pain, fatigue, stiffness and self-confidence; and better perceived control over arthritis, balance, strength and walking pace.

8. **What are the leader requirements?**

- Current certification in CPR is required; first aid certification is strongly recommended.
- Professional liability insurance coverage with an aggregate/single occurrence limit not less than one million dollars (\$1,000,000.00) for personal injury or property

*Adapted from the Arthritis Foundation's Walk with Ease FAQs

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damage, unless covered by host facility's comprehensive or professional liability insurance policy.

- Other desirable abilities recommended, but not required:
 - Empathy toward people with arthritis and related diseases, gained through personal or professional experience.
 - Interest in working with groups of people with arthritis and related diseases.
 - Experience in teaching physical activity classes and skill in group process and instructional techniques.
 - Strong belief in the value of regular physical activity.

9. How do leaders get trained?

- Walk With Ease Leader Training is available in a 2/3-hour online format.
 - To get trained, trainees will go directly to the **AFAA website: www.afaa.com**, click the "Courses" icon at the top of website, then "continuing education" and enroll in the *Arthritis Foundation Walk With Ease Leader Training Certification*.

10. Will the Arthritis Foundation provide a Walk With Ease leader certification?

Yes. Certification as an Arthritis Foundation Walk With Ease Program Leader requires:

- Successful completion of an Arthritis Foundation Walk With Ease Program Leader Training online workshop.
- Leaders remain certified as long as they continue to teach at least one class series per year.

11. What are the program costs?

- Leader training for the course is **\$89**. The instructor's manual and posters will also be available in a downloadable PDF format for each registered trainee.
- Each guidebook retails for \$11.95. (Discounts may be available.)

12. What are the facility requirements?

Any host agencies offering the group classes should provide:

- An accessible site for the program consistent with the Americans with Disabilities Act and any reasonable accommodation that may be necessary to ensure that the program is accessible to people with disabilities.
- A safe and accessible place to walk either inside (e.g. indoor track, gymnasium, mall, etc.) or outside (e.g., neighborhood, walking trail, etc.)