



## PROGRAM DESCRIPTION

The Walk With Ease Program is a community-based, group walking program specifically designed to help individuals start and maintain a safe walking routine. Trained instructors cover how to warm up and cool down, stretch, and set personal exercise goals. Each class also includes health education topics related to arthritis and exercise. Participants must be able to stand for at least five minutes.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Improved functional ability
- Decreased depression
- Decreased pain
- Increased confidence in one's ability to exercise

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet three times per week for an hour. One session is 6 weeks long. After the initial session, participants are encouraged to maintain their walking routine by forming independent walking groups. Each class offers:

- Pre-walk discussion covering topics related to exercise and arthritis
- Warm-up and stretches
- Self-paced 10- to 40-minute walk
- Cool down and stretches
- Social interaction

Walk With Ease can also be delivered in a self-directed format with a workbook and weekly interaction with a trained leader to guide the participant.

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY IS THIS IMPORTANT?

- 1 in 5 Utah adults (410,000) report having been diagnosed with arthritis<sup>1</sup>.
- 46.7% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>1</sup>.
- 23.3% of adults with arthritis report engaging in no physical activity<sup>1</sup>.
- 48.5% of adults with arthritis report too little physical activity to meet national recommendations<sup>2</sup>.

## INFORMATION

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## SOURCES

1. 2014 Utah BRFSS Report
2. 2013 Utah BRFSS Report