

Evidence-based Programs in Your Community

MI EnhanceFitness Network – 2013 Conference

Program Name

Walk With Ease

Website

- www.arthritis.org/www

Basic Program Description

The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. Classes are one (1) hour long and meet either three (3) times per week for six (6) weeks, or two (2) times a week for eight weeks.

Target Audience/Population

- Specifically designed for people with arthritis, but is appropriate for anyone who would like to increase their physical activity and who can stand unassisted without significant pain for at least 10 minutes
- Adults, male and female

Required/Recommended Equipment and Materials

- Walk with Ease participant workbook
- Walk with Ease Leader's Manual
- A set of posters, and training transcripts
- A room for meeting and a place for walking are the required equipment and materials

Instructor/Trainer Qualifications

- CPR certification
- Completion of on-line Training
- Affiliation with facility or organization that can provide space for classes and insurance coverage for program is desirable
- Empathy toward people with arthritis and related diseases
- Experience in teaching physical activity classes and skill in group process, belief in value of regular physical activity

Developer & Licensing Agency

The Arthritis Foundation

Licensing Requirements/Costs

- No licensing requirement; must be approved by AF as a host site and complete an application, and accept their policies and procedures. Site must have adequate liability insurance coverage
- Program materials are copyrighted. Trainee pays for online training, which is \$100.00
- Contact the Arthritis Foundation for information about the cost of manuals/workbooks and pedometers

Endorsements (Do any national organizations, especially federal/state funding agencies, endorse this program?):

- Centers for Disease Control and Prevention (CDC)

Presenter

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