

Walk With Ease

A self-paced walking program to help reduce pain, stiffness, and other arthritis symptoms

Walk With Ease (WWE) is an evidence-based walking program to encourage adults to become more active.

The program was designed for adults with arthritis but is appropriate for most adults regardless of disability status.

WWE Can Help You:

- Reduce pain, stiffness, and other arthritis symptoms
- Improve balance and flexibility
- Increase strength
- Increase walking pace
- Be more active and independent



Format:

The self-directed program can be done at your own time, at your own pace over six weeks. Participants are encouraged to walk up to 30-minutes, three times per week. However, the program can be modified to suit your individual needs and goals.

Upon registering, participants receive a free guidebook in the mail which provides tips on getting more physically active, a stretching and strengthening routine, and information on health-related topics.

For more information or to sign-up, visit:

www.health.ny.gov/arthritis/walkwithease

Self-Directed Walk With Ease is a statewide program of the NYS Arthritis Program and is funded by the Centers for Disease Control and Prevention.