Walk with Ease Program
Helping you stay active and reduce pain

The Kansas Department of Health and Environment works with the Arthritis Foundation to offer Walk with Ease, a walking program to encourage people with and without arthritis to get started walking and stay motivated to stay active.

During the 6-week program, groups of up to 15 people meet three times a week (18 total classes). Each class begins with a health education session on an arthritis- or exercise-related topic, followed by stretching and a 10 to 35 minute walk. Participants also receive educational materials and tools.

A self-directed version of Walk with Ease is also available, using the workbook, materials from the group classes and online support. Self-directed participants are encouraged to walk three times a week for six weeks.

Benefits of Walk with Ease

- Reduce the pain and discomfort of arthritis

- Increase balance, strength and walking pace

- Build confidence in your ability to be physically active

- Improve overall health

You will learn about:

- Managing arthritis pain and stiffness

- Stretching and strengthening activities

- Overcoming barriers to being physically active

- Getting and staying motivated to exercise

- Developing a walking plan that will meet your needs

Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Get Started

Email bburns@arthritis.org to learn more about Walk with Ease group classes in Kansas. For the self-directed Walk with Ease register at https://www.dhe.state. ks.us/Community/se.ashx?s=11B9BDC90FCD1908. The program is free.

If you're interested in becoming a WWE leader, participating in the self-directed program or learning more about Walk with Ease at Work, contact Amanda Bridges at 785-296-2330 or abridges@kdheks. gov.

For more information visit the Arthritis Foundation Walk with Ease website at http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/.