
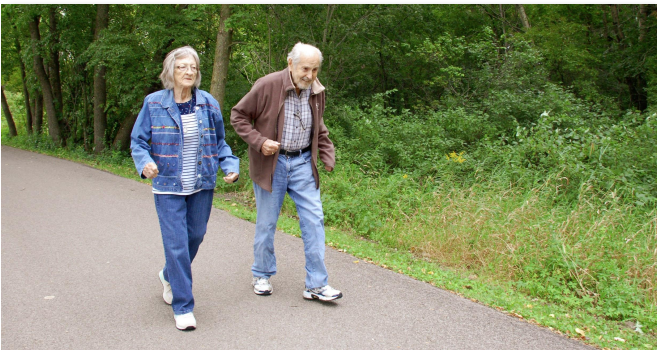


 **Page_Name**
Sponsored · 

DID YOU KNOW... walking actually helps reduce arthritis/joint pain and stiffness?
GET READY TO GET MOVING!

- If you have it, read Chapter One of your Walk With Ease guidebook.
- Start thinking about where, when and who you'll be walking with.
- Start planning now if you need any gear (shoes, socks, water bottle, pedometer, or step tracking app).
- Optional: Join the Live! Yes! Arthritis Network and find others in your community and online committed to living their best life.



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Program content

Promote Walk with Ease week by week on your social media channels, newsletter or emails.

Personalize on social media channel
Additional text provided

Content

Welcome Email

Image



Program Messages

Text

Congratulations. You took the first step to helping relieve arthritis and joint pain.

Thanks for joining *Walk with Ease*, the Arthritis Foundation's doctor recommended program that is proven to reduce pain while improving your overall health. The six-week program provides motivation and tips to safely make walking a part of your everyday life.

Useful Walk With Ease resources are available online:

- The Arthritis Foundation website contains a wealth of online tools and resources.
- Walk With Ease webtool includes pre- and post-tests and other health resources.
- Bad hip? Arthritis in your knee? Check out [Your Exercise Solution](#) for personalized exercise modifications just for you.
- We're so glad you've joined this program! Please let us know if you have any questions or concerns.

Content

Week 1 Start Walking

Image



Text

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Content

Week 2 The 5-step walking pattern

Image



Text

Way to go. You're on week 2.

Let's skip ahead in your book to learn a key Walk With Ease strategy — the 5-step walking pattern (pages 100-104). This is fundamental to the program.

1. Warm-Up: Start your walks with a slower pace for 3-5 minutes to warm up.
2. Gentle Stretching: Take time to stretch (find instructions starting on page 150).
3. Walk: Set a target/goal for each walk (can be time-based or distance-based).
4. Cool-down: Once you've hit your target, slow your pace for 3-5 minutes to recover.
5. Stretch again: Take the time to do this! Repeat beginning stretches and hold longer (30-45 seconds).

Give it a try this week! Make the 5-step walking pattern a habit so that warm-ups, cool-downs and stretching don't get lost. Taking the time to invest in your wellbeing through proper walking strategies will give you greater success with less pain.

Grab your shoes and head out for a walk!

Content

Week 3 Goal Setting

Image



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Text

Keep up the good work. This week's focus is making walking a regular part of your day by setting goals.

Some people find it helpful to create a contract and set goals. Don't forget to add rewards for your accomplishments. (See page 60)

1. Make a contract with yourself and write down your goals.
2. Keep records.
3. Use self-measurement tools to check your progress.
4. Check your plan every week.
5. Set rewards for yourself.

Content

Week 4 Stretching and Strengthening

Image



Text

You're halfway there.

Each week you should be adding more minutes of walking. This week's topic is about stretching and strengthening. You've already learned some stretches, but here are some more resources and it's time to start strengthening exercises.

Appendix B in your book will provide graphics and instructions. Watch these [videos of the stretches](#). Try out the stretches while you watch.

Content

Week 5 Anticipating and Overcoming Barriers

Image



Text

This week's focus is on anticipating and overcoming barriers (Chapter 4). Problems will arise so having a plan for how to deal with them will help you be successful.

Walk With Ease promotes a 3-step problem strategy:

1. Focus on the problem that is most on your mind.
2. Ask yourself, "What might be causing this problem?"
3. Try out different solutions.
4. Chapter 4 will help you solve problems by providing strategies for and tips about anticipating and overcoming physical and mental barriers to walking.

Content

Week 6 Tools and Resources

Image



Text

You've made it!. This is our final week.

If you haven't already, join the Arthritis Foundation's Arthritis Network. You'll find local support groups and an online forum to share your experiences, health tips and feedback about the program. You'll also find:

- Individualized support including financial assistance, mental health support and help with access to care.
- Tailored exercise modifications based specifically on YOUR arthritis and YOUR exercise preference. Over 4,000 variations created by medical professionals.
- An online tool to keep digital walking diaries and goals.
- Stretching and strengthening exercise videos.
- Toolkits to Understand & Manage Your Disease.

Content

Walk with Ease Follow Up - Keep walking

Image



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Text

Thank you for joining the Walk with Ease program. We hope that you have felt encouraged and supported in your efforts to be more active and have less pain.

- Remember that walking can ease your pain.
- Walk at your own pace.
- Remember to use your walking plan and diary to stay on track.
- Don't forget to stretch.
- Setbacks are normal.
- If you stop for a bit, start again.
- Reward yourself.

Content

Want to reduce pain, improve your health and be more active?

Image



Text

Join *Walk with Ease*, the Arthritis Foundation's doctor recommended program that is proven to reduce pain while improving your overall health. The six-week program provides motivation and tips to safely make walking a part of your everyday life. If you can be on your feet for 10 minutes, this program is for you.

Walk with Ease can help you:

- Reduce joint pain.
- Feel great while getting in shape.
- Learn how to walk safely, comfortably, and at your own pace.
- Increase balance, strength, and stamina.
- Learn stretching and strengthening exercises.

Content

Walking During COVID-19.

Image



Text

As a new member of the Walk With Ease program, we want to assure you that it's okay to get out and walk during COVID-19. Follow these tips to stay safe:

- Remember to keep 6 feet apart (about 2 arm lengths). When walking with others, pick wide open places to walk like a soccer field, park, track and stay 6 feet apart. Do not walk in groups unless you can stay 6 feet apart.
- If possible, cross the street if others are coming at you and you can't safely pass each other.
- Wear a mask when walking with others outside your household.
- If you're walking by yourself in an uncrowded area, you do not need to wear a mask but carry one with you to be safe.
- Find places to walk that are not crowded. This may mean going during times that are less crowded such as early or late in the day.
- Don't share any food or drink.
- Bring the essentials: pack a bag with a mask, hand sanitizer and a water bottle. Wash or sanitize hands before and after using any public facilities.

Content

Want to reduce pain, improve your health and be more active?

Image



Text

Join Walk with Ease, the Arthritis Foundation's doctor recommended program that is proven to reduce pain while improving your overall health. You'll join other individuals in a six-week online walking program.

Each week, you'll attend an online meeting where you'll receive health education, motivation and tips to safely make walking a part of your everyday life. You'll also walk on your own three times a week. It's okay to walk with others using COVID-19 precautions such as wearing a mask and staying 6 feet apart.

It's important to keep up your health.

Walk with Ease can help you:

- Reduce joint pain.
- Feel great while getting in shape.
- Learn how to walk safely, comfortably, and at your own pace.
- Increase balance, strength, and stamina.
- Learn stretching and strengthening exercises.