Get the proven benefits of physical activity.

**Walk With Ease was shown to:**

- Reduce the pain and discomfort of arthritis.
- Increase balance, strength and walking pace.
- Build confidence in one’s ability to become physically active.
- Improve overall health.

**Research Shows Walking:**

- Is good for your joints.
- Improves the health of your heart, lungs and bones.
- Helps manage your weight.
- Reduces your risk for arthritis, heart disease and diabetes.

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**Learn more about Walk With Ease**

*Sign Up Today.*
For more information about *Walk With Ease* in your area, contact:

S.C. DHEC Arthritis Prevention and Control Program
[www.scdhec.gov/arthritis](http://www.scdhec.gov/arthritis)

Arthritis Foundation

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**Walk Your Way to Good Health!**
Why Walk With Ease?
Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation Walk With Ease program can help.

- Make a personal walking plan with realistic goals for improved fitness.
- Reduce arthritis pain and feel good.
- Gain support and tips to help you “stick with it,” even when you don’t feel like exercising or when things get in your way.
- Keep track of your progress with a walking diary.
- Make walking a part of your daily life.

Walk on your own or join a group!
Two ways to complete Walk With Ease Workbook:
1. On your own
2. Part of a walking group led by a trained volunteer

Group Participation Includes:
- 18 sessions, 3 meetings per week for 6 weeks.
- Sessions that last about an hour.
- A brief discussion of a topic important to successful walking or arthritis management.
- Group walking time at your own pace.

Walking made easy.
Walking made safe.
Walk With Ease can help you:
- Slowly build up to at least 30 minutes of walking.
- Warm-up and stretch before you walk.
- Cool-down and stretch again when you have finished walking.
- Learn how to safely pace yourself and to reach your goals.

Who can join?
The Walk With Ease program is designed for people with arthritis. It’s also great for people without arthritis who would like to begin a regular walking program. If you can be on your feet for 10 minutes without increased pain, you can probably have success with Walk With Ease. The program can be modified to meet your needs.