

Walk With Ease<sup>SM</sup>



## Arthritis Foundation Walk With Ease Program Online Leader Training

Effective January 15, 2015, an online training is available for the Walk With Ease program through the Aerobics and Fitness Association of America (AFAA).

The newly updated Walk With Ease Leader Training is available in a 3-hour format. The content of the training session is the same as the previous online training and in-person training.

Trainees who take the online course will still have to meet the existing minimum requirements, including CPR certification, in order to teach Walk With Ease. Trainees also must follow up with their local Arthritis Foundation office in order to complete certification. AFAA does not certify trainees for this program, they only provide the training. Walk With Ease online training certificates are available on the intranet.

Before registering for and taking the online training, either the trainee or someone from his or her organization should speak with the SC DHEC Program Coordinator, (803) 898-0760, to discuss paperwork, reporting requirements and contact information for the local Arthritis Foundation office that will process the trainee's certification request. Certifications for Walk With Ease will be for two years if all requirements are met.

Trainees should then go to the **AFAA website:** <http://www.afa.com/arthritisfoundation.htm> to register. The Live Question and Answer System (LQA) option is not available for this program. The standard fee for the course is **\$79**. Because of AFAA's online technology, there is not a maximum for how many trainees can participate in a course. The instructor's manual and posters will also be available in a downloadable PDF format for each registered trainee

The online workshop is the only training option for the Walk With Ease program.