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General Program Information

**What is Walk with Ease?**  
​Walk with Ease is a six-week intervention program designed to help individuals become more physically active through walking. The program offers participants a chance to participate in a supervised individualized walking plan, learn how to safely progress that program over time, and increase walking ability each week. Participants will learn skills to build healthy habits. Programming is available in different formats including group and self-directed (virtual) options, but availability varies depending on location, staff and local resources.

**Who would benefit from Walk with Ease?**

Walk with Ease was developed by the Arthritis Foundation for the self-management of arthritis pain, but is beneficial for reducing risk of falling or for individuals with other chronic health conditions such as heart disease, diabetes, cancer, osteoporosis, depression, and anxiety. The program is built on the principal that physical activity is important for health and independence with age.

**What does Walk with Ease include?**

* Access to a print / online book
* Online resources designed to assist with goal setting and self-monitoring.
* Tips and encouragement to gradually increase frequency and duration of walking
* Training on exercises to improve function

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The Walk with Ease program in Iowa is managed jointly by CHPcommunity and by a research team affiliated with the Iowa State University (ISU) Translational Research Network (U-TuRN) to facilitate standardized delivery and coordination across the state. Enrollment generally requires a small fee (~$10-15) for the book / access but fees may be waived in certain settings. It is offered and delivered in different formats, but availability depends on location, timing and resources.

* The **Group** versions of the program generally meet in community-based locations and feature a trained Walk with Ease leader that guides participants through the 6-week program. Participants use a print or online book but also typically meet in-person to walk and exercise together. Programming may be 3 days/week for 6 weeks, but may be 2 days/week for 9 weeks.
* The **Self-Directed** version is designed to be completed independently with participants building in walking and exercise on their own. Some locations may offer a hybrid ‘**Self-Directed Enhanced’** version that is self-guided but includes some coordination and centralized communication by a local leader, or supplemental group walks.

**What are the requirements for Walk with Ease?**

Requirements vary depending on location and on whether the program is linked to specific research protocols. There are no specific age requirements for general enrollment but Walk with Ease is generally targeted to serve, inactive older adults since it focuses on building foundational levels of walking. The only physical requirement is that participants must be able to stand for at least 10 consecutive minutes, without increasing pain. The use of a walker or cane is permitted. Approval from a physician is recommended and sometimes required.