

Walk With Ease



Arthritis Foundation
Walk With Ease Program™



Do you have . . .

- . . . A passion for walking?
- . . . Interest in working with groups of people with arthritis and related diseases?
- . . . A desire and ability to teach and help others?
- . . . Interest/background/education in health, exercise, and a proactive approach to health management (you do not have to be an RN, OT, PT, etc.!)?
- . . . CPR certification?

If you said yes to all of the questions, then you would be a great Arthritis Foundation Walk with Ease Leader!

Why become a certified Walk With Ease Leader?

- Learn new skills and gain valuable experience with teaching and program delivery
- Experience the deep satisfaction of helping to change lives through programs proven to be safe and effective
- Receive the opportunity to obtain the Arthritis Foundation's nationally recognized certification and contact hours for possible continuing educational credits
- Receive specialized training and easy-to-use instructional materials

Walk With Ease is designed for people with or without arthritis - young and old, male and female, fit and not-so-fit. This can benefit anyone who is interested in starting a walking program.

Walk With Ease is an evidence-based program that was researched and tested in exercise science, behavior change, and arthritis management. The studies conducted were shown to:

- Reduce pain and discomfort with arthritis
- Increase balance, strength, and walking pace
- Build confidence to be physically active
- Improve overall health

The training is conducted by Marj Chepp, a Certified Walk With Ease trainer. Leader's will receive detailed training on the Walk With Ease exercises and teaching techniques.

The cost for the training is only \$50. This payment includes the training, the Walk With Ease leader binder (with instructions on the 18 sessions, teaching tips, how to manage the program, etc.), laminated posters, a Walk With Ease participant workbook, and a sling bag.

Upcoming Walk With Ease Trainings

(Available online OR in-person)

ONLINE

Mon, March 12 – Fri, March 16
Available anytime between those dates

IN-PERSON

Lac du Flambeau, WI

Lake of the Torches Resort
Friday, March 23rd, 2012
10:00am – 3:30pm

Richland Center, WI

Schmitt Woodland Hills
Friday, April 20th, 2012
10:00am – 3:30pm

Milwaukee, WI

MKE County Dept. on Aging
Friday, May 18th, 2012
10:00am – 3:30pm

For More Information

If you are interested in becoming a Walk With Ease leader, please contact:

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