

WALK WITH EASE

OVERVIEW: Walk With Ease is an evidence-based 6-week walking program developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina. The program has been shown to reduce pain and improve overall health in program participants. SDSU Extension, in partnership with the South Dakota Department of Health, has implemented this program statewide.

This program can serve to assist with pain management in patients experiencing chronic pain. Whether participants need relief from arthritis pain, chronic pain or just want to be active, if they can be on their feet for 10 minutes without increased pain, participants can have success with Walk With Ease.



SINCE 2018...



A total of **507 individuals** participated in **27 Walk With Ease Workshops**.



21% of participants specifically reported having chronic pain.



Participants indicated a **change in confidence** in managing joint pain and/or stiffness from **7.3 to 7.6**.

The Walk With Ease program is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Walk With Ease was added as an evidence-based program offering in 2018.

- Workshops are offered in-person or in a self-directed format for 6-weeks
- In-person sessions are offered 3x/week for approximately 1 hour
- Self-directed sessions are done at the participants own pace for 6-weeks
- All workshops are conducted by CPR trained and certified leaders

The Walk With Ease program is offered in two formats:

1. **Group** - These sessions are offered by a trained, CPR-certified leader.
2. **Self-Guided** - Individuals can register for a self-guided workshop and participate in walking on their own schedule.

"We love the Walk With Ease program, we feel comfortable to walk in a safe, judgement-free environment."

"This class helped strengthen my feet and gave me a feeling of more stability."



If you or someone you know is struggling with opioid addiction - don't wait. Reach out.

www.AvoidOpioidSD.com
South Dakota Resource Hotline
1-800-920-4343

For more information visit <https://extension.sdstate.edu/walk-ease> or call **1-888-484-3800**.

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