

Avoid Opioid PRESCRIPTION ADDICTION

WALK WITH EASE

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. Walk With Ease is designed to help participants develop and maintain a successful walking program.

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, and if they can be on their feet for 10 minutes without increased pain, participants can have success with Walk With Ease.

Walk With Ease is part of the physical activity programming offered under the Better Choices, Better Health® SD (BCBH-SD) suite of programs. SDSU Extension, in partnership with the South Dakota Department of Health, has implemented this program statewide.



AS OF
OCTOBER 2023...

About Walk With Ease:

- 6-week walking program
- Led by certified CPR and Walk With Ease leaders
- FREE Walk With Ease guidebook

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

The Walk With Ease program is offered in two formats:

1. **In-Person** - Workshops include 1-hour sessions held three times per week for 6 weeks
2. **Self-Guided** - Individuals can register for a self-guided workshop which includes weekly e-mail support, online walking log and access to online walking support materials
 - *Take a Step* version of the self-guided program offered with weekly, 30-minute Zoom sessions

“The ‘Walk With Ease’ program was very informative and helpful. It showed me how important exercise and walking is to improve our health. I really enjoyed it.”

“It was great to have the group support for walking. The presenter did an good job. Lots of information was presented.”



1,215 individuals have participated in **67 workshops** for the Walk with Ease Program to date.



67% of participants reported having a chronic health condition. Of those with a condition, **38%** had arthritis and **17%** had chronic pain.



56% of participants successfully increased the number of walking days per week after participating in the program.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION



BETTER CHOICES
better health
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

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

www.AvoidOpioidSD.com
Treatment Resource Hotline
1-800-920-4343

For more information visit <https://goodandhealthysd.org/bcbh/register-for-a-workshop/physical-activity/> or call 1-888-484-3800.

75 copies of this document have been printed by the South Dakota Department of Health at a cost of \$0.42 each, funded 100% by CDC under grant #NU17CE924866-03-00, with 0% financed with non-governmental source. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement of the U.S. Government. SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

Updated 10/2023