

## Other Arthritis Foundation Programs for Better Living

**TAI CHI** – Tai Chi is an ancient practice proven to improve your mental and physical well-being. Using gentle Sun-style Tai Chi routines, the *Arthritis Foundation Tai Chi Program* is suitable for every fitness level.

**AQUATIC** – The *Arthritis Foundation Aquatic Program* is a warm water-based program shown to relieve pain and improve your health. The movements provide gentle resistance while supporting your joints.

**EXERCISE** – The *Arthritis Foundation Exercise Program* is a low-impact physical activity program proven to reduce pain and decrease stiffness. Classes can be taken either standing or sitting, whichever is most comfortable for you.

## About the Arthritis Foundation

Striking one in every five adults and 300,000 children, arthritis is the nation's leading cause of disability. The Arthritis Foundation ([arthritis.org](http://arthritis.org)) is committed to raising awareness and reducing the impact of this serious, painful and unacceptable disease, which can severely damage joints and rob people of living life to its fullest. The Foundation funds life-changing research that has restored mobility in patients for more than six decades; fights for health care policies that improve the lives of the millions who live with arthritis; and partners with families to provide empowering programs and information.

FROM THE EXPERTS YOU TRUST  
AT THE ARTHRITIS FOUNDATION.

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.



[arthritis.org](http://arthritis.org)

835.4050/07.11

arthritis foundation

# WALK WITH EASE

a program for better living



**Walk with Ease** is a fitness program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with *Walk with Ease*.

### Benefits to You

*Walk with Ease* will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

In studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, *Walk with Ease* was shown to reduce pain, increase balance & strength and improve overall health.

### Experience Walk with Ease

You can experience *Walk with Ease* on your own or as part of a group:

**WALK WITH EASE GUIDEBOOK** – provides all the information, support and tools you need to help you set and reach your goals. The popular walking guidebook includes:

- New customized walk-for-fitness routine
- Stretching exercises
- Heart-rate monitoring techniques

**WALK WITH EASE GROUP** – Led by a certified instructor, each session includes:

- Health-related discussion topics
- Self-paced group walks

These one-hour classes meet three times per week for six weeks and are designed to be relaxing and enjoyable.

### Getting Started

To order the *Walk with Ease* workbook, go to [www.afstore.org](http://www.afstore.org) or call **800-283-7800**.

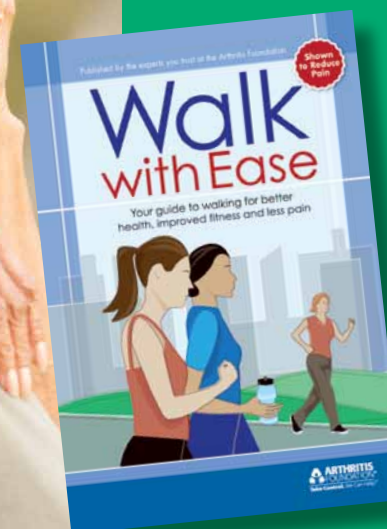
For more information about a *Walk with Ease* class in your area, contact your local Arthritis Foundation office. Visit [www.arthritis.org](http://www.arthritis.org) or call **800-283-7800** to find the location nearest you.

To join the *Walk with Ease* online community, visit [www.arthritis.org/wwe](http://www.arthritis.org/wwe).

If you want to take part but have concerns about your health, consult your health care provider before you begin.

“When I started the program, I was afraid to walk very far because of my knee pain. But *Walk with Ease* helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

- *Walk with Ease* participant



Based on the Arthritis Foundation program, this book is useful for anyone with arthritis to improve their general fitness. For more information or to order go to [www.afstore.org](http://www.afstore.org).