



NATIONAL KIDNEY  
FOUNDATION®

of Michigan

# WHAT PROVIDERS SHOULD KNOW ABOUT: **WALK WITH EASE**



## **Who should participate:**

- Any adult who wants to start or enhance a walking routine
- People with arthritis who want to increase their physical activity levels
- People with other health conditions that limit their mobility
- People who use assistive devices can participate in the program

## **Walk with Ease is proven to:**

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

## **Impact of the program:**

- Program participants increased their average days walked per week by 51%
- Participants increased their average minutes walked per day by 26%
- 86% increased knowledge about walking in a safe and comfortable manner
- Program participants also experienced decreased disability
- Improvements in levels of pain, fatigue, stiffness, and self-confidence
- Better perceived control over arthritis, balance, strength, and walking pace

Original research studies found that both the self-directed and in-person workshops were safe and effective.

**Walk With Ease**



1169 Oak Valley Drive | Ann Arbor, MI 48108  
734.222.9800 | 800.482.1455  
Fax: 734.222.9801



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### **How to discuss it with your patients:**

You should emphasize that the Walk with Ease is made for a wide range of activity levels and participants set realistic goals based on their current activity and how they want to progress. The program is done self-directed or in group settings, and participants receive a book and weekly email communications to help guide them through the program while they walk on their own schedule at their own pace. The program was developed by the Arthritis Foundation but one does not need to have arthritis to have success in Walk with Ease. Walk with Ease focuses on cardiovascular exercise, flexibility, and has additional strengthening exercises included. It is currently offered at no cost to participants.

### **How to refer your patients:**

Your patients can register online at [www.nkfm.org/walk-with-ease](http://www.nkfm.org/walk-with-ease) or call 1-800-482-1455.

**For more information about current workshops:** Visit [www.nkfm.org/walk-with-ease](http://www.nkfm.org/walk-with-ease). If you have questions email [walkwithease@nkfm.org](mailto:walkwithease@nkfm.org) or call 1-800-482-1455.

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