

Walk with Ease



Experience the Walk With Ease Program

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“When I started the program I was afraid to walk very slowly because of my knee pain. Walk With Ease helped me to walk slowly and build up gradually. I can now walk with confidence and ease, without making my arthritis worse.”

—Walk With Ease participant

The Arthritis Foundation Walk With Ease Program is an exercise 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.

10 DON'TS OF WALKING WITH EASE

Motivate yourself to get in great shape

Walk safely and comfortably

Don't walk too fast, too far, or too often. Listen to your body and stop if you feel pain or discomfort. Use proper walking technique to avoid injury.

Reduce pain and feel great

