

# Overview of the 'Walk with Ease' Study

## Description:

Walk with Ease is an evidence-based walking program designed by the Arthritis Foundation to help individuals with arthritis stay active and reduce pain. However, the program has been expanded to provide support for individuals with low fitness levels looking to become more active through a guided, supervised walking program. Enrollment in the research study is open only to patients that have a direct referral to the program from their physician. Programming is run in partnership with Community Health Partners, the ISU Exercise Clinic in the Department of Kinesiology by the ISU ExerCYse outreach program.

## Inclusion Criteria:

- You must be able to stand for at least 10 consecutive minutes, without increasing pain. The use of a walker/cane is permitted.
- You must be referred to the program by your health care provider, to ensure all participants are safe to exercise

## Program Details

- Program lasts 6 weeks with 3 (1 hour) sessions per week
- Sessions feature a personalized (self-paced) group walking experience
- Educational material provide tips on safe physical activity as a part of daily life
- Programming is delivered by trained ISU undergraduate Kinesiology students
- No cost to participate!

## Physician approval:

I have approved the following patient for inclusion in the Walk with Ease program:

Patient Name: \_\_\_\_\_

Physician Name: \_\_\_\_\_

Physician Signature: \_\_\_\_\_

To enroll or to learn more, contact [WalkwithEase@iastate.edu](mailto:WalkwithEase@iastate.edu)

