

Walk With Ease - Why it is needed

- Arthritis is most common condition of older adults.
- 1 in 4 adults affected. But more than half of 65+
- Even more common in those who are overweight or obese.
- 1% of people with arthritis have limitations in daily activities.
- Co-morbidities: 50% also have diabetes; 57% also have heart disease; 45% also have high blood pressure.

Walk With Ease shown to:

- Reduce pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build your confidence to be physically active
- Improve overall health by making walking a regular everyday habit

What you learn:

- Basics about arthritis and relationship between arthritis, exercise, and pain
- How to exercise safely and comfortably
- Ways to make walking fun
- How to make a personal walking plan with realistic goals for improved fitness
- Tips and strategies to make exercise stick

Small group of 10 - 12. Meets for one hour, three times weekly for 6 weeks.