

# 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 ISU research study is open only to patients that have a direct referral to the program from their physician or health care provider. Programming is run in partnership with Community Health Partners, the ISU Exercise Clinic in the Department of Kinesiology by the ISU ExerCYse 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

- Choice of *Group* or *Self-Directed* versions of programming (each lasts 6 weeks)
  - "No-contact" Self-Directed programming available to accommodate health concerns
- Group sessions feature personalized (self-paced) group walking experience (3x per wk)
- 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: \_\_\_\_\_

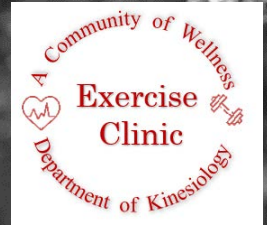
To enroll or to learn more, contact [WalkwithEase@iastate.edu](mailto:WalkwithEase@iastate.edu)

Or visit [www.ExerCYse.org](http://www.ExerCYse.org)



# Learn to 'Walk with Ease'

Enroll in the ISU  
'Walk with Ease'  
Study at the ISU  
Exercise Clinic



## Benefits of 'Walk With Ease'

Decreased pain  
and stiffness

Increased walking pace

Improved balance

Increased strength

The Arthritis Foundation developed **Walk With Ease** to encourage people with arthritis to start walking to better manage their pain and stay active, but many can benefit:

- Individuals with health risks or chronic conditions.
- Sedentary individuals or beginners to exercise.
- Individuals who are interested in weight management.

Enrollment in the research study is open only to patients that have a direct referral to the program from their physician. Ask your doctor if you are a good candidate.

### Key Features:

- Personalized (self-paced) approach to build walking ability
- Two 6 week formats are available (Group or Self-Directed)
  - *Group* programming is coordinated through the ISU Exercise Clinic, an outreach program of the Department of Kinesiology
  - *Self-Directed* programming includes a booklet with optional support from a trained health coach
    - No-contact *Self-Directed* available to accommodate health concerns
- Free enrollment through the ISU approved research project coordinated by the ExerCYse is Medicine group at ISU.

*"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

ISU IRB: 19-223-00  
Approved Date: 06/22/2020  
Expiration Date: N/A

Email [WalkWithEase@iastate.edu](mailto:WalkWithEase@iastate.edu) for more information --- Online registration at [www.ExerCYse.org](http://www.ExerCYse.org)

