



Walk With Ease (WWE) Program Provider Referral

➤ About the Walk With Ease (WWE) Program

1. The Arthritis Foundation developed the WWE program to encourage people with arthritis to start walking to better manage their pain and stay active. However, the WWE program has also been found to be a great exercise program for a broader audience as well.
 - Individuals with health risks or chronic conditions such as diabetes.
 - Sedentary individuals or beginners to exercise.
 - Individuals who are interested in weight management.
 - Individuals who enjoy walking and would appreciate support in developing new walking goals.
2. Part of a national movement, the WWE program for adults has been shown to:
 - Reduce pain and stiffness
 - Improve overall health
 - Build confidence to be physically active
 - Increase balance, strength, and walking pace
3. The only criterion for participation is that patients must be able to stand on their feet for 10 minutes without increased pain. If they have pain with walking, then you can recommend a local physical therapist to develop a plan around safe participation in the WWE program. The Iowa Physical Therapy Association has a physical therapy locator on their site to make it easy to find a PT: <http://aptaapps.apta.org/findapt/default.aspx?UniqueKey=>
4. **WWE Self-Directed 6-Week Program**
 - Includes a WWE guidebook - cost is \$4.95 + shipping (~\$10)
 - Option of a trained, ISU student health coach to check in with patient on a weekly basis for 6 weeks (could be telephonic, email, or online). No extra cost.
 - Aging Resources of Central Iowa can reimburse any cost to participants aged 60+ years of age and live in Boone, Dallas, Jasper, Madison, Marion, Polk, Story, or Warren Counties when they complete the program.

➤ Provider Talking Points

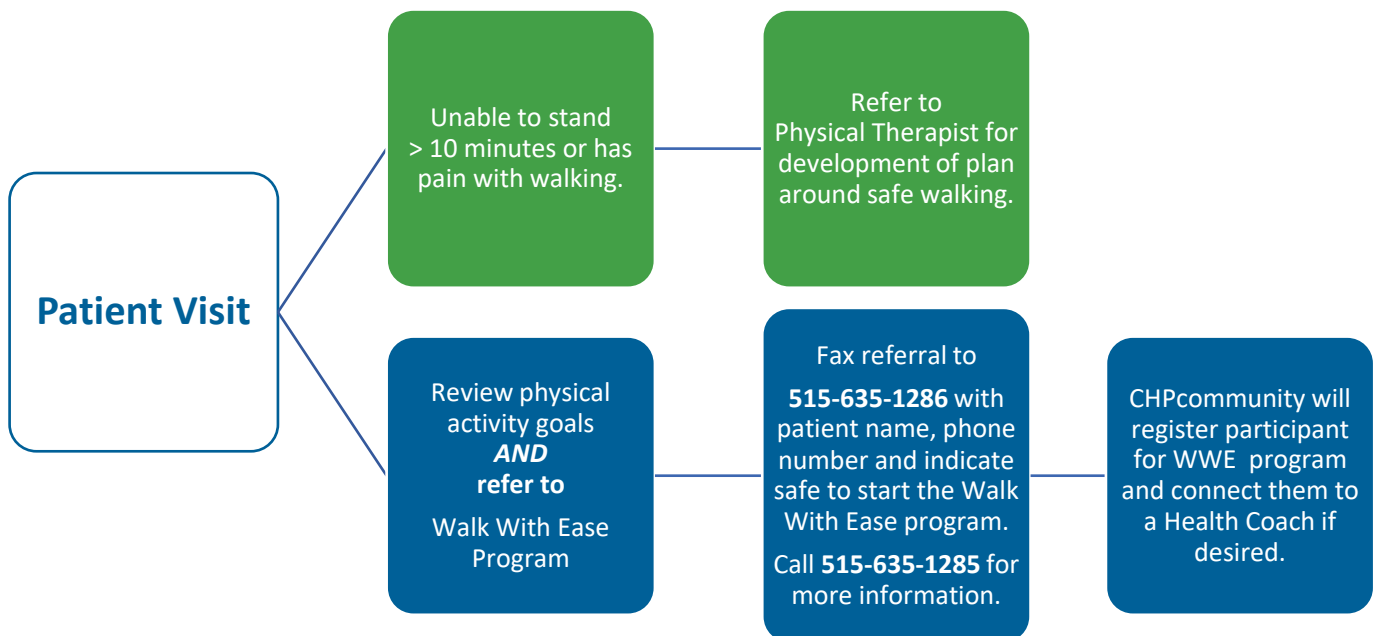
If a patient has difficulty with getting started or maintaining a physically active lifestyle, you can share the following information with them:

- “The Walk With Ease program is designed to help people develop the habit of walking regularly on the way to becoming more physically active. Some of the benefits will be a decrease in pain and stiffness, improved balance, increased strength, and walking pace. You can walk on your own, bring along a friend/loved one, or join a walking group.”



- “The WWE program can be offered as a self-guided course so you can choose when and where you want to walk. A Walk With Ease guidebook will help you develop a walking plan that meets your needs and provides you tools to progress your walking.”
- “A WWE health coach can be teamed up with you to increase your likelihood of reaching your walking goals. They will follow up with you on a weekly basis to see how you are progressing and help you through any barriers that may arise during the program. The WWE health coach will help you build confidence in your ability to reach your walking goals and become more physically active.”
- “The guidebook helps you set goals, learn about overcoming barriers, provides stretching and strengthening exercises, and other health information related to physical activity.”

➤ Provider Referral Into the WWE Program



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